

4 Immeasurables: Equanimity [Upeksha]

I think equanimity is about clear seeing. There are various ways that I slip ... anticipating, judging or sometimes by owning. Equanimity is far from being indifferent or resigning because even own reactions are acknowledged for what they are. Right action would require such a foundation. As Zen put it yesterday, being equanimous means 'being able to stay with' whatever arises.