


Equanimity

2022 – Class 1

A 4-week course
with registered
FPMT teacher,
Eddie Peet




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Refuge & Bodhichitta

I go for refuge until I am
enlightened

To the Buddha, the Dharma,
and the Supreme Assembly

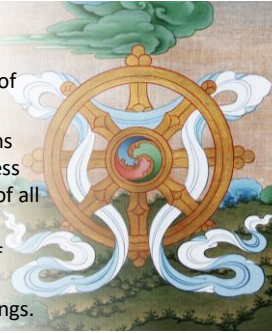
By the merits I create through
listening to the Dharma,
May I become a buddha to
benefit all sentient beings.



2

Seven Limb Prayer

Reverently I prostrate with my
body, speech, and mind;
I present clouds of every type of
offering, actual and imagined;
I declare all my negative actions
accumulated since beginningless
time, and rejoice in the merit of all
holy and ordinary beings.
Please, remain until the end of
cyclic existence, and turn the
wheel of Dharma for living beings.
I dedicate my own and other's
merits to the great enlightenment.



3

Mandala Offering

This ground, anointed with
perfume, strewn with flowers,
Adorned with Mount Meru, four
continents, the sun and the moon:
I imagine this as a buddha-field
and offer it.
May all living beings enjoy this
pure land!

IDAM GURU RATNA MANDALA
KAM NIRYATA YAMI



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Course Topics

- Equanimity
- Types and their function
- Meditations
- Application to life

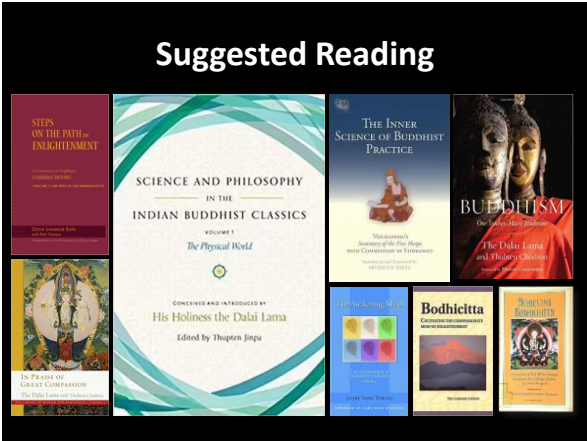
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Today's Topics

- Types of
equanimity
- Their function
- Being the same



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Varieties of Impartiality

1. Impartiality of feeling
2. Equanimity with respect to application
3. Immeasurable impartiality

A stylized illustration of a person with a balance scale. The person's body is composed of colorful geometric shapes. They are holding a balance scale with two pans, each containing a heart. The scale is balanced.

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A photograph of a man with short brown hair, wearing a light blue t-shirt, sleeping peacefully on a white pillow.

Impartiality of Feeling

Feelings that are neither pleasant or unpleasant

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A silhouette of a person sitting in a meditative pose on a large rock. The background is a dramatic sky with blue and white clouds.

Equanimity with Respect to Application

A mental state preventing lethargy and excitement from arising

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Immeasurable Impartiality

Promotes the aspect of balance toward beings

1. Envisioning impartiality
2. Supreme impartiality

A golden balance scale with two pans. Each pan contains three stylized human figures of different colors, representing balance and impartiality.

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Types of Impartiality

A golden telescope.

Small Scope

We wish that all beings have overcome their afflictions towards one another

A golden telescope mounted on a wooden tripod.

Middle Scope

We overcome our attachment and anger towards others

A large satellite dish antenna.


Great Scope

We overcome favouritism when directing love and compassion towards others

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Why Develop Impartiality?

To overcome the major sources of our afflictions towards all limited beings



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The Four Immeasurable Thoughts

May all sentient beings have happiness and its causes.

May all sentient beings be free of suffering and its causes.

May all sentient beings not be separated from sorrowless bliss.

May all sentient beings abide in equanimity, free of bias, attachment, and anger.

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Observing Mere Living Beings

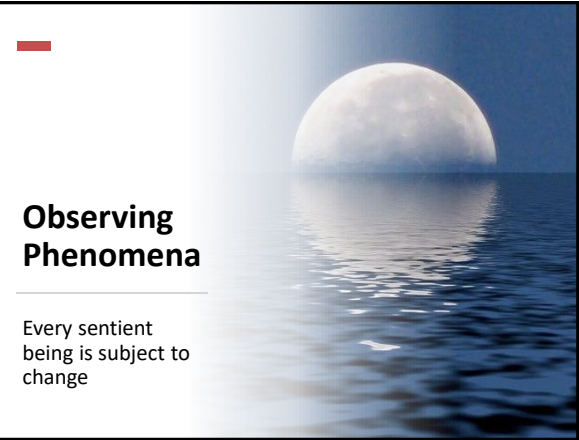
Every sentient being lacks control



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Observing Phenomena

Every sentient being is subject to change



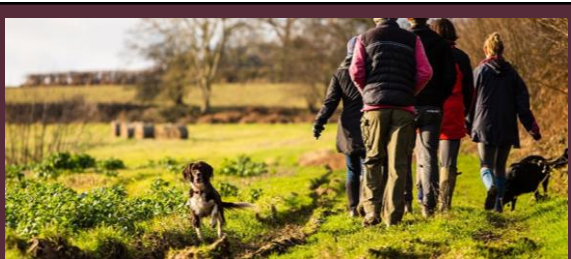
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Observing the Unobservable

Every sentient being is empty of inherent existence



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Equanimity Meditation


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Helping Equanimity to Develop

Understanding

Mindfulness

Discipline




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What's the Take-Away?

- Knowledge of types of equanimity
- Small-scope meditation
- Being equal in sameness

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- The equanimity training of supreme impartiality for those of middling capacity

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Dedication

Due to the merits of these virtuous actions
May I quickly attain the state of a Guru-Buddha
And lead all living beings, without exception,
Into that enlightened state



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Bodhicitta Verses

May the supreme jewel bodhicitta
Not yet born, arise and grow
May that born have no decline
But increase forever more

And as long as space endures,
As long as sentient beings abide,
May I too remain
To dispel the sorrows of the world



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