


### Equanimity

2022 – Class 2

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.



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### Four Boundless Thoughts

May all sentient beings have  
happiness and its causes.

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

May all sentient beings never  
be separated from the happiness  
that is without suffering.

May all sentient beings abide  
in equanimity, free from the bias  
of attachment for friends and  
hatred for enemies.



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### 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.



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### 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



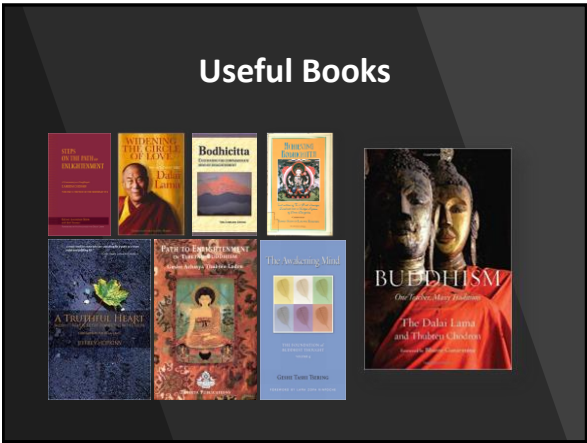
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### What We've Covered Already


- 1. Types of equanimity
- 2. Their functions
- 3. Being the same



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### Today's Topics

- Review
- Overcoming attachment, anger and apathy towards others
- Developing the feeling of emotional equality towards everyone
- Immeasurable equanimity

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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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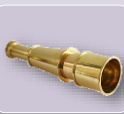
### Immeasurable Equanimity



mpartiality is freedom from attachment and hostility, When sides and factions are all seen as equal, When enemy and friend and neither, are all treated with an evenhanded kindness. We should practice these four attitudes, remembering that all is without true existence.


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### Reviewing Types of Impartiality




**Small Scope**

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



**Middle Scope**

We overcome our attachment and anger towards others




**Great Scope**

We overcome favouritism when directing love and compassion towards others

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### Jetsun Lama Tsong Khapa said ...




rom the outset establish an even-minded attitude, eliminating the bias which comes from attachment to some living beings and hostility to others. Otherwise, any love or compassion you feel will be biased; you will never feel unbiased affectionate love or compassion. So, cultivate impartiality.

— Lamrim Chenmo; vol2,p36

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### Immeasurable Impartiality

The feeling of equal emotion regarding others.



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### Equanimity's Near & Far Enemies

#### The Near Enemy

- Indifference based on worldly life
- Apathy based on worldly life
- Not noticing the faults or qualities of others

#### The Far Enemy

- Anger and malice
- Jealousy
- Partiality and prejudice




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### Defining Attachment

A deluded mental factor that observes its contaminated object, regards it as a cause of happiness and wishes to possess it.

Let's talk about your attachment issues.



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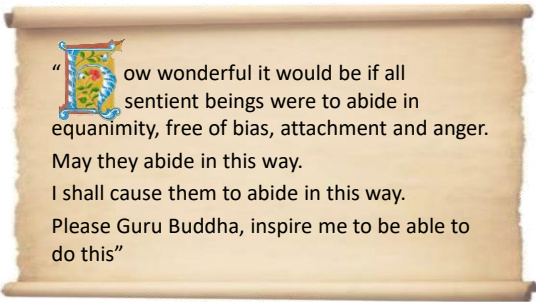
### Defining Anger

A deluded mental factor that observes its contaminated object, exaggerates its negative characteristics, considers it to be undesirable, and then wishes to harm it.



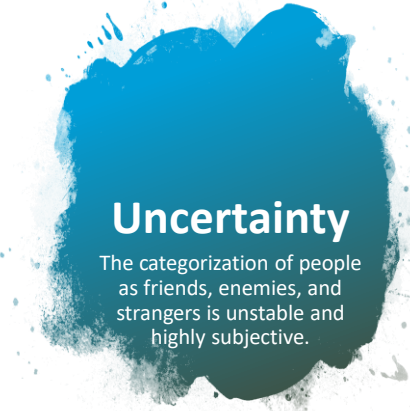
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### An Equanimity Prayer



“How wonderful it would be if all sentient beings were to abide in equanimity, free of bias, attachment and anger. May they abide in this way. I shall cause them to abide in this way. Please Guru Buddha, inspire me to be able to do this”

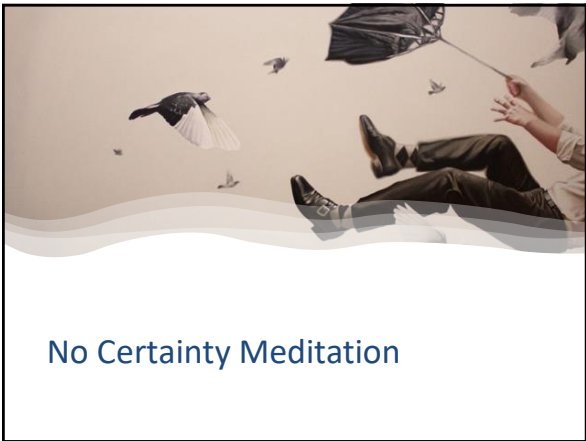
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### Uncertainty

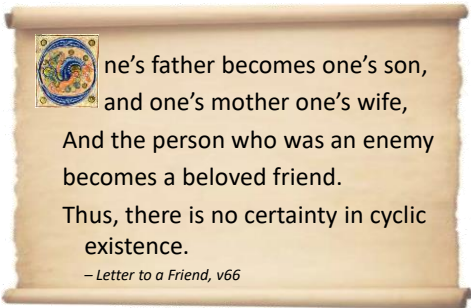
The categorization of people as friends, enemies, and strangers is unstable and highly subjective.

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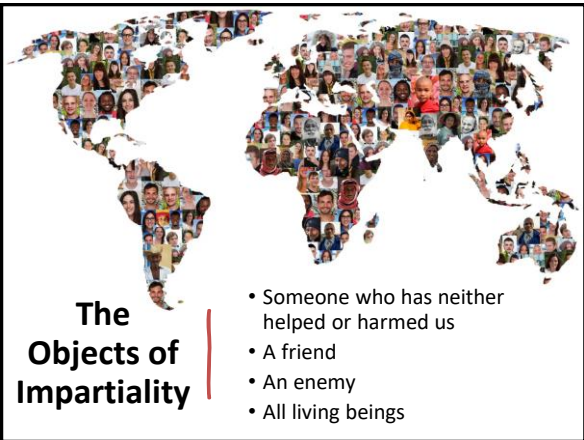
The Arya Nagarjuna said ...



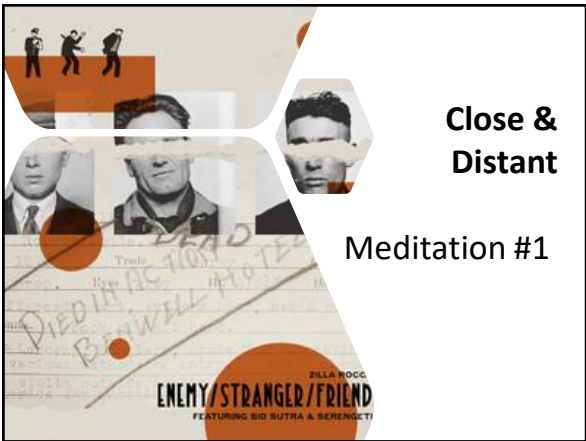
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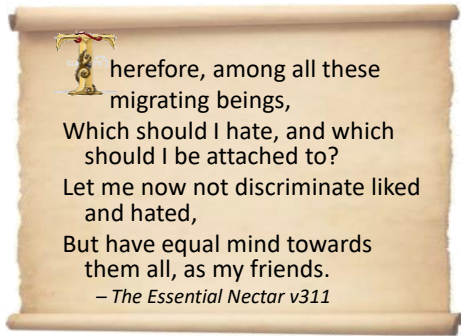


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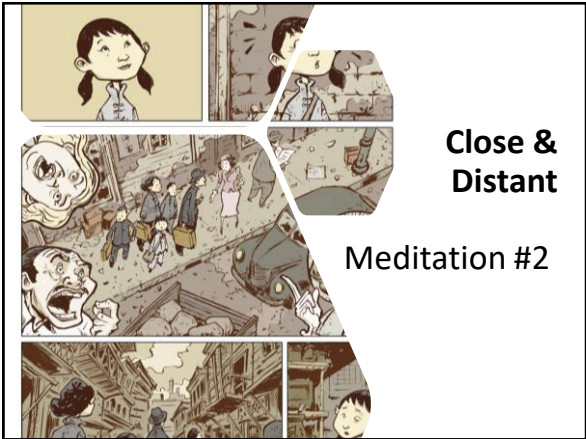
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Geshe Rabten says ...

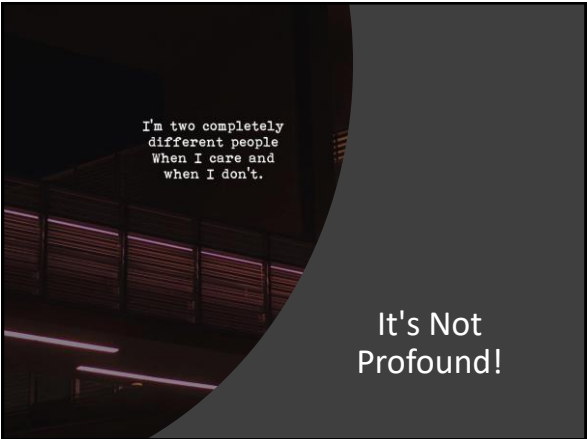


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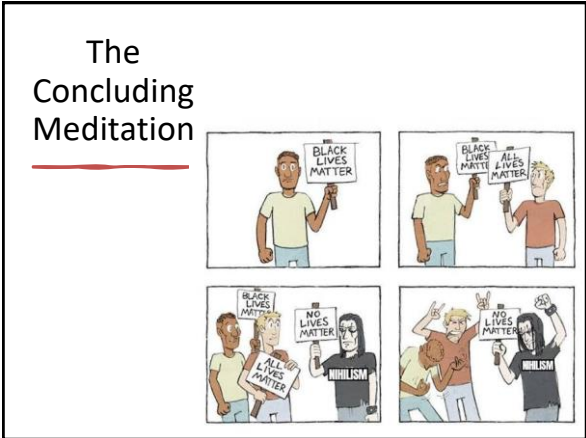




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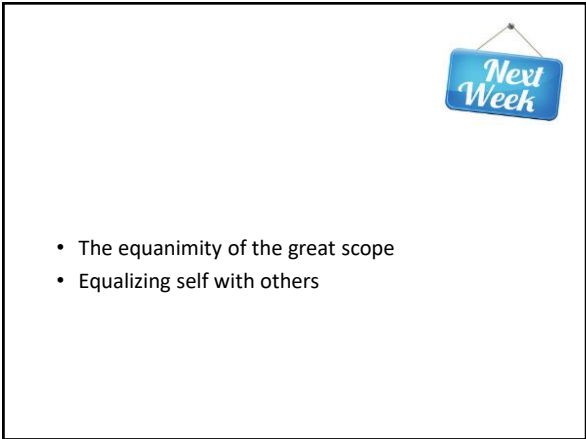
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**Bodhicitta Verses**

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

