


### Equanimity

2022 – Class 3

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



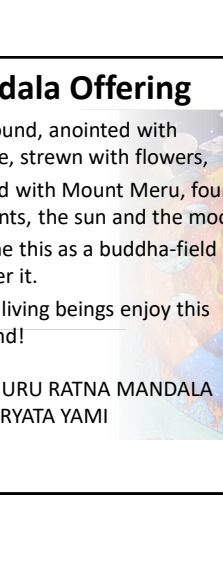
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### Refuge & Bodhichitta

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



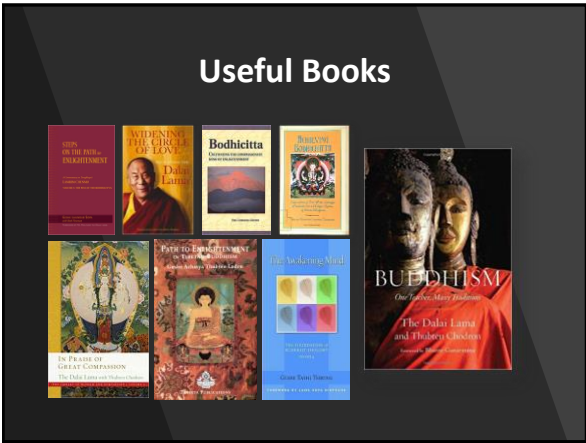
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### What We've Learnt

1. Types of equanimity
2. Their functions
3. Uncertainty
4. Mere equanimity
5. Being the same



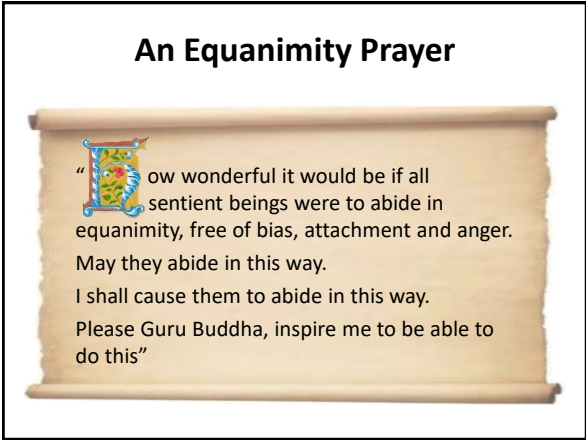
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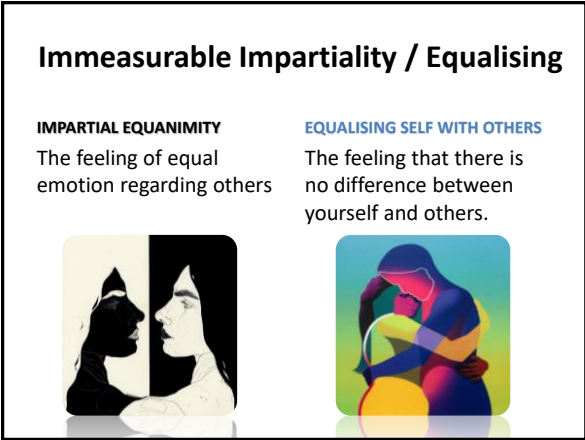
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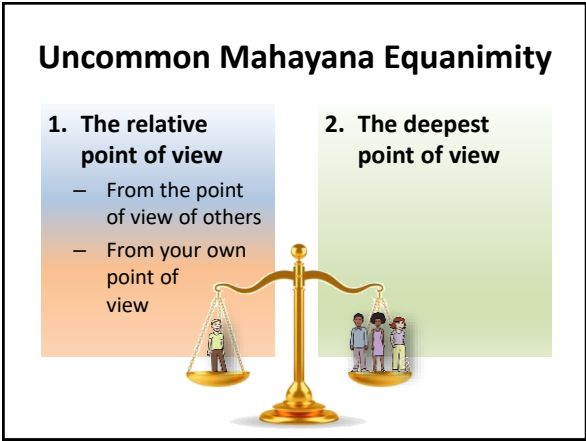
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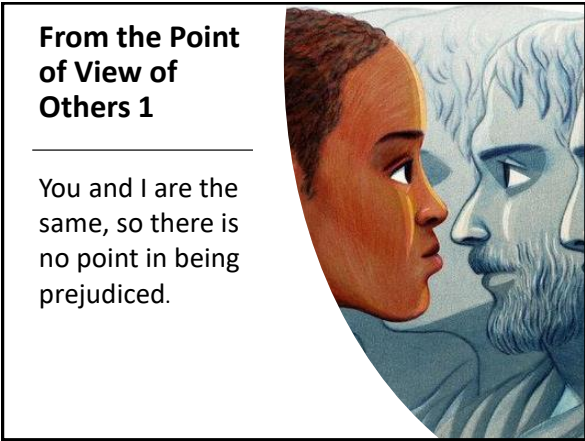
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### From the Point of View of Others 2


Because you and I equally desire happiness, there is no need to discriminate between us



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### From the Point of View of Others 3

We are the same in that we equally lack genuine happiness, and we are the same in that having suffering, we wish to be free of it.

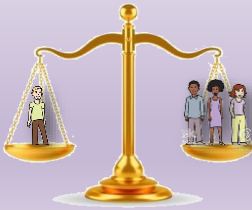


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### The Conclusion

As there is no rational basis at all for me to be biased towards any sentient being, there are no grounds for neglecting the welfare of a single sentient being, and so

I shall care as deeply for you as I care for myself



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### From My Own Point of View 1

All sentient beings are equally kind to me and they have all at one time or another been my closest friends and relatives.

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### From My Own Point of View 2

The kindness of sentient beings is not confined to when they are friends and relatives alone; the kindness when they are enemies is boundless.

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### From My Own Point of View 3

We are all subject to suffering and impermanence

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### The Conclusion

Because I cannot distinguish between our desires,

I choose to **never be intolerant of your happiness,**


and I choose to **always help you overcome your suffering,** as I do my own




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### The Equality Of All Beings

- Everyone equally wants to avoid suffering
- Everyone equally wishes to be happy
- Everyone equally lacks happiness
- The causes of suffering can be eliminated
- The potential for complete happiness can be actualized




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### What's The Take-Away?

- You know the equanimity meditation called equalizing self and other.
- You know equanimity from the point of view of yourself and others.

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- Equanimity from the ultimate point of view
- Equanimity from the tantric perspective

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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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