

Equanimity Phrases

For Individuals:

Things are just as they are; things are impermanent.

Joy and sorrow arise and pass away.

All beings are the heirs of their intentions and actions.

Your joy and your sorrow depend on your intentions and actions, not upon my wishes for you.

I care about you and I cannot prevent you from suffering.

For Self:

Things are just as they are; things are impermanent.

Joy and sorrow arise and pass away.

All beings are the heirs of their intentions and actions.

My joy and my sorrow depend on my intentions and actions, not upon the wishes of others for me.

I care about myself and I cannot avoid suffering.

For All Beings:

Things are just as they are; things are impermanent.

Joy and sorrow arise and pass away.

All beings are the heirs of their intentions and actions.

Our joy and our sorrow depend on our intentions and actions, not on the wishes of others for us.

We care about each other and we cannot prevent each other from suffering.