

POCKET PARAMIS

# Equanimity



“Equanimity is the ground for wisdom and freedom and the protector of compassion and love. While some may think of equanimity as dry neutrality or cool aloofness, mature equanimity produces a radiance and warmth of being.”

—*Gil Fronsdal*

“Equanimity contains the complete willingness to behold the pleasant and the painful events of life equally. It points to a deep balance in which you are not pushed and pulled between the coercive energies of desire and aversion.”

—*Shaila Catherine*

“Every moment of mindfulness is also a moment of equanimity. It is not a disengagement from the object of awareness but rather a full and complete engagement with it.”

—*Andrew Olendzki*

“Through equanimity, we fortify ourselves with nonfear, with compassion, with acceptance. We cultivate the strength to face reality without being crushed by it.”

—*Kaira Jewel Lingo*

