

THE EIGHT WORLDLY WINDS

GAIN AND LOSS



“Equanimity is a teaching not only of poise but of grace, a deep knowing that life will not stand still for any of us, and that to rely upon stability is a recipe for agitation and anxiety.”

—*Christina Feldman*

“We can appreciate our family and those who love us. We can appreciate the beauties of nature. . . .

So be content. Practice being content and appreciating what you already have.”

—*Jetsunma Tenzin Palmo*

You who know the world, take gain and loss, Or bliss and pain, or kind words and abuse, Or praise and blame—these eight mundane concerns—

Make them the same, and don’t disturb your mind.

—*Nagarjuna*

