

Equanimity Phrases

Senior Teacher John Travis

May I accept things as they are.

May I remain in peace, and let go of expectations.

May I find the inner resources to remain present and be kind to myself and others.

May I see my limits compassionately, just as I see the limitations of others.

No matter how I might wish things could be otherwise, things are the way they are.

Whether I understand it or not, things are unfolding according to karma.

I wish you happiness and peace, but cannot make your choices for you.

I will care for you, but cannot keep you from suffering.

All beings are the owners of their own karma. Their happiness and unhappiness depend upon their actions, not my wishes for them.

Although I wish only the best for you, I know that your actions, not my wishes for you, will determine your happiness or unhappiness.

I care about your pain, but cannot control or eliminate it.

May I offer love, knowing I cannot control the course of your life, suffering or death.

May I offer my care and presence without conditions, knowing they may be met by anger, gratitude or indifference.