

Reflection questions on equanimity

After Diana Clark's talk on Sept 25, 2025 "Equanimity: Holding Lightly, Living Fully"

1. Some practitioners may be put off by their ideas of equanimity, fearing that it asks us to have a cool aloofness and indifference to our experience and the world around us. What are your ideas about equanimity? How do you distinguish it from indifference, aloofness or dry neutrality?
2. Which of the "eight worldly winds" (praise & blame, gain & loss, pleasure & pain, fame & disrepute) tends to sweep you up most often? What might equanimity look like in those moments?
3. Consider the number of thoughts you have in a day. Consider how many thoughts are occurring in the universe at any given moment. Do we have to believe all thoughts? What thoughts do we have that are fleeting, ephemeral and don't indicate anything significant? How might these reflections on the number and nature of thoughts support equanimity?
4. Choose an everyday activity (like cooking, doing emails, chores, waiting in line) where you might experiment with practicing equanimity by bringing steady attention to the entire process, from beginning to end, including preparation and cleaning up. What is that experience like? What impact does it have on you to consider every aspect of an activity similarly?