

Equanimity

Part 7.2

GUIDED MEDITATION: Practicing Equanimity







start by just taking
a few deep
breaths

breathing in deeply

breathing out slowly

breathing in deeply

breathing out slowly

just allowing your breath to return to its
natural rhythm, its natural pace

just picking up the mindful breathing
practice, and tuning into the feeling of
the breath in the body

if it helps with your concentration, you can just use the short phrase, “rising” with every in breath, and then “falling” with every out breath.

Just paying attention to the feelings of the breath in the body, and having the words be very quiet in the background.

rising, falling, rising, falling

we can just set the intention to practice acceptance of whatever arises in this meditation, to not react to anything with hatred, or judgment, or craving

Just allowing things to be as they
are, just setting this intention for this
meditation session

To not react, but to just observe and
pay attention.

Keeping your inner peace, your
inner balance.

whenever you notice that your
mind is getting lost in thought, just
gently acknowledge it

not judging it, not reacting to it with
aversion, but just letting it be

And then, you can gently bring
your attention back to the
breath in the body.

Just feeling the rise and fall.

Tapping into the raw texture of
the breath.

“Right now it's like this.”

just noticing what arises, and then
gently saying the phrase

“Ah, right now it's like this.”

“Ah, distraction. Right now it's like this.”

Right now, the breath is like this.

Bringing your mind down
to the belly, or the chest.

Just tapping into the raw
experience.

Notice, where is your
attention right now?

What are you noticing in
this moment?

“Ah, right now it's like this.”

“Ah, right now it's like this.”

Using the breath as an anchor.

if you are ever completely lost in
thought, or you just don't know
what to do, you can always bring
your attention back to the feeling
of the breath.

How are you relating to your
experience right now?

Are you judging it in any way, or
having any aversion, or craving
for any experience?

Are you judging it in any way, or
having any aversion, or craving
for any experience?

Just notice.

set the intention to practice
equanimity, setting the intention to
just accept the things as they are.

Whatever arises, can we
just notice it?

we can take a deep
breath in together.

breathing in deeply

breathing out slowly






coming back into
the room



just connect with
your senses

A close-up, artistic photograph of a person's face, focusing on their eyes. The person has dark, curly hair and is looking slightly to the right. The left eye is in sharp focus, showing a clear reflection of a landscape with a blue sky, white clouds, and a body of water. The right eye is partially visible and slightly out of focus. The lighting is soft and natural, highlighting the texture of the skin and the intensity of the gaze.

the sense of sight
and sense of sound

Next Video

How To Deal With Thoughts