

## Equanimity Quotes

As a solid mass of rock  
 Is not stirred by the wind,  
 So a sage is not moved  
 By praise and blame.  
 As a deep lake  
 Is clear and undisturbed,  
 So a sage becomes clear  
 Upon hearing the Dharma.  
 Virtuous people always let go.  
 They don't prattle about pleasures and desires.  
 Touched by happiness and then by suffering,  
 The sage shows no sign of being elated or depressed.  
*-Dhammapada 81-83*

Here, a monk abides pervading one quarter with a mind imbued with equanimity, likewise the second, the third and the fourth; so above, below, around, and everywhere, and to all as to himself, he abides pervading the all-encompassing world with a mind imbued with equanimity, abundant, exalted, immeasurable, without hostility and without ill will.  
*-MN 55.10*

Rahula, develop meditation that is like the earth, for then agreeable and disagreeable sensory impressions will not take charge of your mind. Just as when people throw what is clean and unclean on the earth - feces, urine, saliva, pus, or blood - the earth is not horrified, humiliated or disgusted by it; in the same way, agreeable and disagreeable sensory impressions will not take charge of you mind when you develop meditation like the earth. Develop meditation like water, fire, wind and space, for then  
*-MN 62*

Such a person  
 Who, like the earth, is untroubled,  
 Who is well-practiced  
 Who is like a pillar of Indra,  
 Who is like a lake without mud,  
 Continues wandering no more.  
*-Dhammapada 95*

Peaceful in body, peaceful in speech,  
 The bhikkhu who is peaceful and well-concentrated  
 And who has rejected the world's bait  
 Is called "one at peace".  
*-Dhammapada 378*