

Equanimity Meditation

Taken from "Mindful of Race" by Ruth King

May I see the world with quiet eyes.

May I offer my care without hesitation, knowing I may be met with gratitude, anger or resistance.

May I find the inner resources to genuinely contribute where needed.

May I remain peaceful and let go of fixation.

May I offer care, knowing I don't control the course of life, suffering or death.

I wish all beings contentment, but I cannot make their choices for them.

May I be undisturbed by the changing circumstances of my life.

May I offer support, knowing that what I offer may be of great benefit, some benefit or even no benefit.

May I be free from preference and prejudice.

May I bear witness to things just as they are.

May I see the world with patient eyes.