

# Upekkha Bhavana: Meditation on Equanimity

It is a must for human beings to face eight vicissitudes of life, the *attha loka dhamma*, the eight worldly conditions.

Equanimity is one's neutral stand in facing both good and bad experiences of life.

- (1) May I not be delighted by *gain*.  
    May I not be grieved by *loss*.  
May I not be delighted by *praise*.  
    May I not be grieved by *blame*.  
May I not be delighted by *fame*.  
    May I not be grieved by *disrepute*.  
May I not be delighted by *bodily pleasure*.  
    May I not be grieved by *bodily displeasure*.  
May I not be delighted by *mental pleasure*.  
    May I not be grieved by *mental displeasure*.  
May I live in peace.

- (2) May all beings in this place...  
not be delighted by *gain*.  
    not be grieved by *loss*.  
not be delighted by *praise*.  
    not be grieved by *blame*.  
not be delighted by *fame*.  
    not be grieved by *disrepute*.  
not be delighted by *bodily pleasure*.  
    not be grieved by *bodily displeasure*.  
not be delighted by *mental pleasure*.  
    not be grieved by *mental displeasure*.  
May they live in peace.

(3) May all beings in this city...

(4) May all beings in this province...

(5) May all beings in this country...

(6) May all beings in this world...

(7) May all beings...