

Equanimity ~ Claudia Cummins.

Perhaps in the end what we're seeking is a feeling of being at home in the world - at ease in the world - regardless of what is happening in our lives. Who wouldn't want to be able to breathe easily, to live faithfully, to act wisely, regardless of life's outer circumstances?

I know that I'd like to live in a land where my inner weather is calm and stable, even when my outer world is being buffeted by rainstorms, hail and thunder. A land where I have so much faith in myself and the world that I am able to open the doors and windows to every kind of weather, and welcome all of it with an easy spirit and open heart.

I believe this is called equanimity. And likely we have all had enough tastes of it, and We know it is worth cultivating with body, mind and heart.