

## **CULTIVATING EQUANIMITY EP Practice Group – Fall 2024 Home Practices**

### **Week 1 (10/1/24)**

The home practice this week is to take up these three equanimity phrases.

*“May I look after myself with ease.”*

*“May I look after my loved ones with ease.”*

*“May I look after this world with ease”*

The “ease” is the equanimity.

One way to practice with them is to repeat them inwardly as part of your formal meditation practice, perhaps for the first five or ten minutes of your daily sitting.

You could also remember these phrases before you go to sleep at night or when you wake up. Also, while walking or when practicing formal walking meditation, integrating them into your life throughout the day, as well as including them in your formal sitting practice.

Please be prepared to come to class next week and be able to report on how you practiced with them.

### **Week 2 (10/8/24)**

The home practice is to continue working with the phrases offered in the week #1 assignment.

It’s ok to change the wording to make it your own (ex. from “looking after” to “care for”

Also, if you find that one of the three phrases is more pertinent to your experiences this week than the other two, please feel free to prioritize that phrase.

### **Week 3 (10/15/24)**

The home practice is to continue working with the phrases offered in week #1 assignment. For anyone struggling with the second phrase, “May I look after my loved ones with ease,” substitute or add the phrase, “I care for you deeply and I cannot protect you from all distress.

### **Week 4 (10/22/24)**

The home practice is to continue working with the phrases offered in week #1 assignment.

- For anyone struggling with the second phrase, “May I look after my loved ones with ease,” substitute or add the phrase, “I care for you deeply and I cannot protect you from all distress.”

Perhaps adding additional phrases as felt or needed, as we expand past our “dear ones” in phrase # 2 to our wider world, such as:

- “May we look after this/our sanghas with ease.”
- “May we look after this/our world, with ease.”

And then perhaps contemplating an expansive all-inclusive wholesomeness in “looking after the world with ease.” Perhaps just as we don’t give up on ourselves or our families in difficult times, perhaps knowing that times are always difficult. Seeing the world as nature, as interconnection, perhaps as the felt immeasurable ground or stillness which intersects and supports the impermanence of our humanity and all things in the world. Which makes everything and everyone more precious here and now.

### **Week 5 (10/29/24)**

The home practice is to continue working with the phrases:

- May I look after myself with ease.
- May I look after my loved ones with ease.
- May I look after my communities with ease.
- May I look after the world with ease.

Say them slowly – Let them sink into your bones, your body, your psyche, your very being.

See if you can be sensitive as to which phrase might be most helpful at any particular time.

And throughout the week add the appropriate phrase in the moment...

- May I look after this anxiety with ease.
- May I look after this anger with ease.
- May I look after this loneliness with ease
- May I look after this grief with ease.

### **Week 6 (10/5/24)**

Please continue with the phrases that have already been offered which are clearly summarized in last week’s posting – see Week # 5.

As well, add the following phrases as an option:

- May I rest in not-knowing.

- May I rest in calm.

Call upon this list of phrases in ways that are beneficial for you.

### **Week 7 (10/12/24)**

Please continue with the phrases that have already been offered or you may decide to take up this new set of phrases.

- May I accept change with stillness and calm.
- May I embrace this moment as it is.
- May I be open and balanced and peaceful.

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- May I look after myself with ease.
- May I look after my loved ones with ease.
- May I look after my communities with ease.
- May I look after the world with ease.

And throughout the week add the appropriate phrase in the moment...

- May I look after this anxiety with ease.
- May I look after this anger with ease.
- May I look after this loneliness with ease.
- May I look after this grief with ease.
- May I rest in not-knowing.
- May I rest in calm.

Call upon this list of phrases in ways that are beneficial for you.