

G. Equanimity

I. "Equanimity" (page 262)

- A. has 2 meanings in the Pali Canon:
 - i. a neutral feeling (no pleasure or pain)
 - ii. an even minded attitude
 - a) in the face of every experience
 - regardless of pleasure or pain
 - b) this is the meaning referred to in this book.

II. "Equanimity dependent on multiplicity"

- A. means equanimity in the face of multiple objects
 - i. whatever comes up in life
- B. is developed [\$180, \$181] in 3 Stages:
 - i. "development"
 - a) the practice of consciously turning toward equanimity in the face of strong experiences.
 - ii. "being in training"
 - a) one starts to feel disillusioned with pursuing pleasure or avoiding disagreeable things.
 - iii. "fully developed faculties"
 - a) one has complete mastery over whether one is equanimous in any kind of situation

III. Equanimity developed from jhana practice (page 263)

- A. deals with development of the formless jhanas[\$179]
- B. is developed
 - i. first by producing singleness of mind(really good concentration)
 - ii. by achieving "non-fashioning"
 - a) "non-fashioning" can however be achieved with the form jhanas also
 - b) is: [\$182]seeing the fabricated and willed nature of everything, even one's jhana. One becomes dispassionate toward the process of fabrication that one stops fabricating