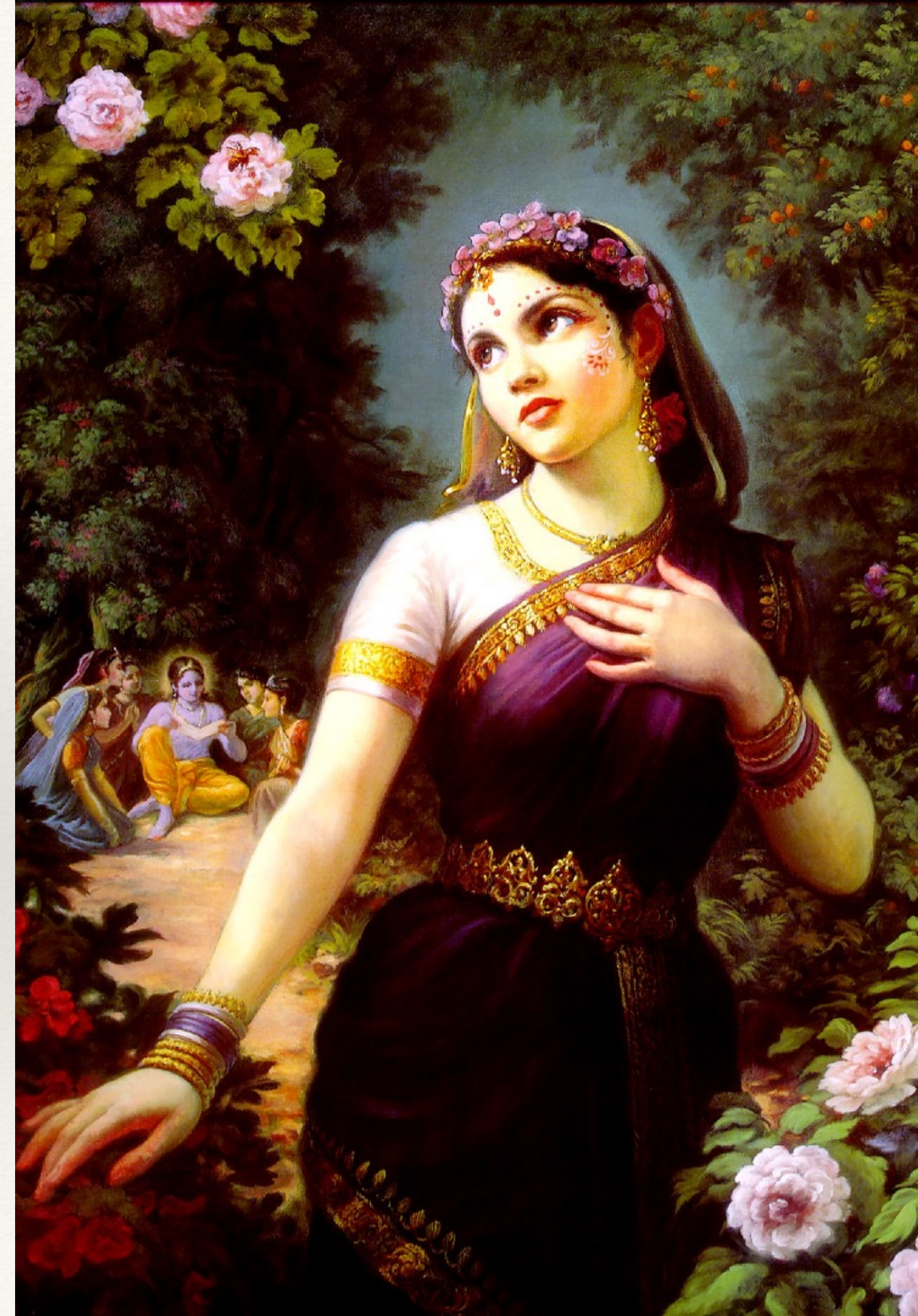


Practical Spirituality: The Yoga of Awakening
Lecture Six

Yoga of Equanimity





Yoga

(Sanskrit) Union.

Equivalent to Latin religare, "to reunite," root of "religion."



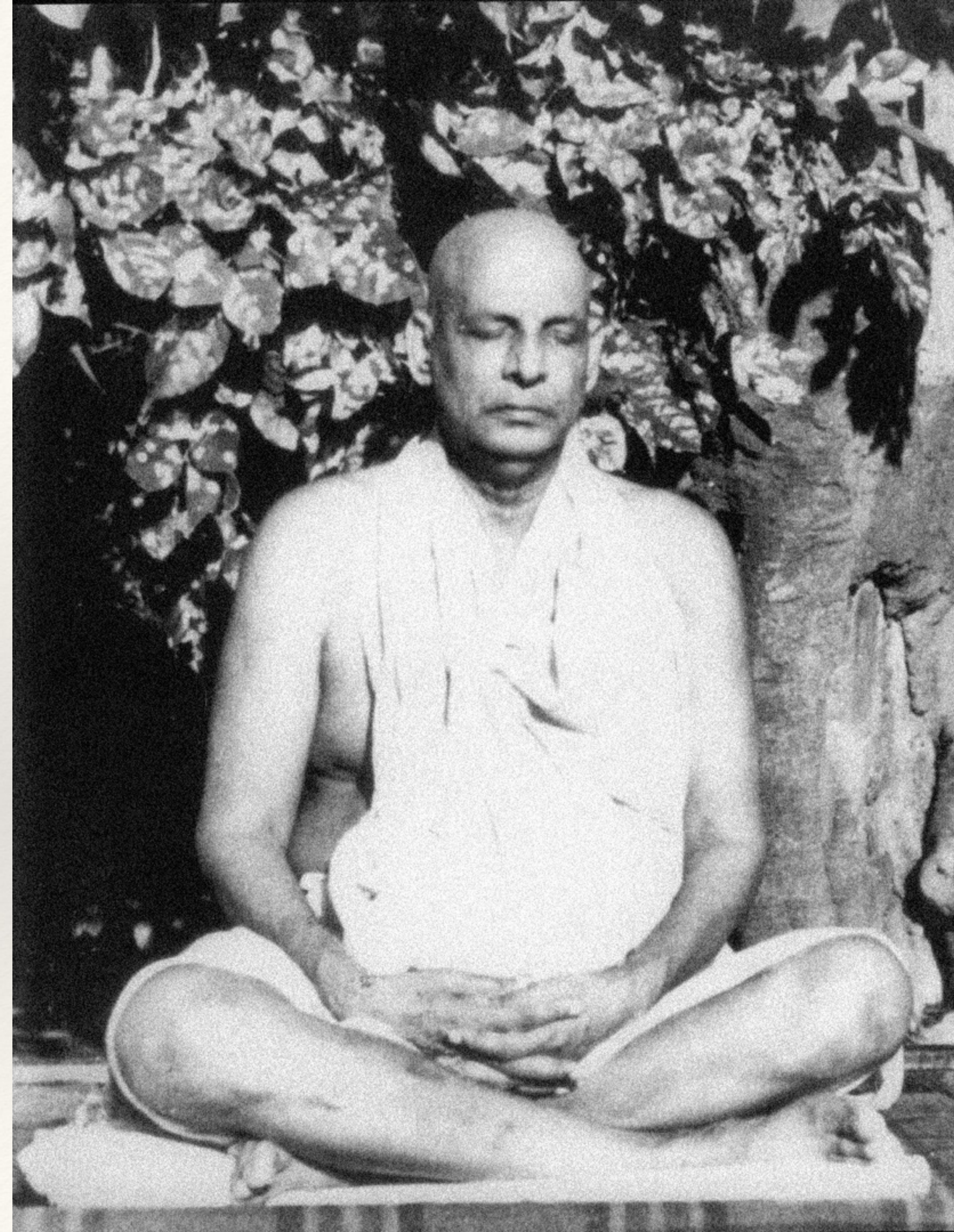
Yoga Sutras 1

- 1.1. Now, instruction in **Union** [yoga].
- 1.2. Yoga is the stilling of the modifications of consciousness.
- 1.3. Then awareness abides in its own nature.
- 1.4. Otherwise it is identified with the modifications.

— *Patanjali*

Steps of Yoga

1. **Yama:** self-restraint
2. **Niyama:** precepts
3. **Asana:** posture; relaxation
4. **Pranayama:** harnessing of life force
5. **Pratyahara:** suspension of senses
6. **Dharana:** concentration
7. **Dhyana:** meditation
8. **Samadhi:** super-conscious state, blissfulness, ecstasy





Bhagavad Gita

“Perform action, O Dhananjaya, dwelling in union with the Divine, renouncing attachments, and balanced evenly in success and failure; equanimity is Yoga.”

—Gita II-48

Samatva समत्व

(Sanskrit) Equanimity, equipoise;
undisturbed in distress or happiness.
Equality with, uniform conduct towards,
equableness, normal condition, state of
indifference, equality





Yoga Sutras 1

- 1.1. Now, instruction in **Union** [yoga].
- 1.2. Yoga is the stilling of the modifications of consciousness.
- 1.3. Then awareness abides in its own nature.
- 1.4. Otherwise it is **identified** with the modifications.

— *Patanjali*



Yoga Sutras 1

1.33. The mind becomes still by cultivating habits of friendliness, mercy, gladness, and indifference towards happiness, pain, virtues and vices.

— *Patanjali*

Equanimity

- मैत्री maitri: **friendliness, benevolence, good will, equality** towards “equals.” Abandon competition, envy, jealousy, anger, resentment.
- करुणा karuna: **mercy, kindness, compassion, empathy** towards “inferiors.” Abandon pride, cruelty, harsh behavior.
- मुदिता mudita: **joy, gladness, delight** towards “superiors.” Abandon anger, hatred, envy, inferiority, discontent, comparing.

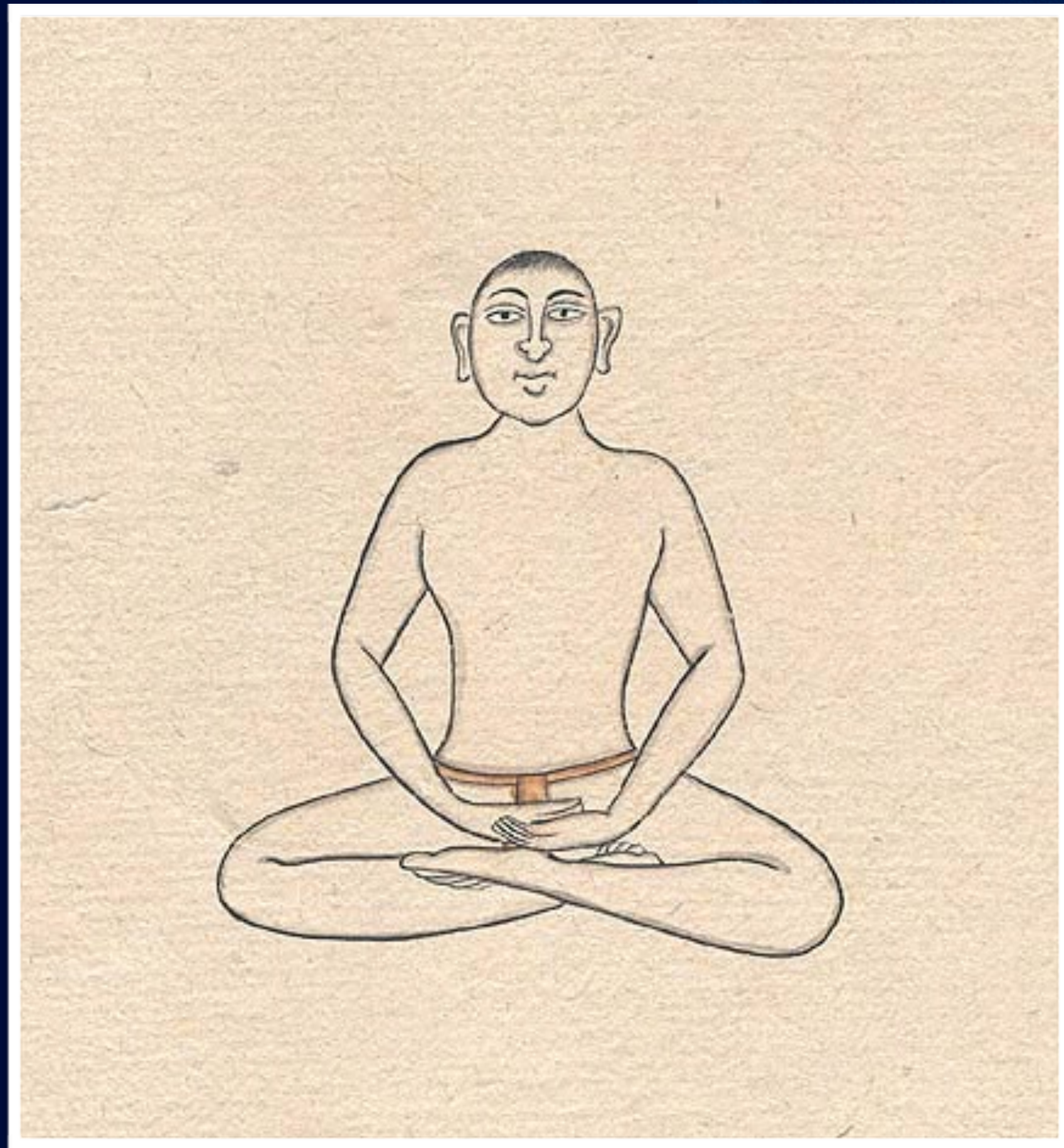




Equanimity

Cultivate उपेक्षण upeksana: **indifference** towards:

- सुख sukha: pleasure, happiness
- दुःख dukha: displeasure, pain, distress
- पुण्य punya: virtues, merits, good, purity
- अपुण्य apunya: vices, impurity



Divine Soul /
Divine Consciousness

Spirit / Atman

גבורה
Geburah
"Justice"

חסד
Chesed
"Mercy"

תפארת
Tiphereth
"Beauty"

Willpower / Human Soul

Emotion /
Astral

הוד
Hod
"Splendor"

נצח
Netzach
"Victory"

Thought

Vitality / Ethereal / Chi

יסוד
Yesod
"Foundation"

Physicality

מלכות
Malkuth
"Kingdom"

6th dimension
5th dimension
4th dimension
3rd dimension
2nd dimension

Step six: Cultivate equanimity.

Daily exercises: (1) Discover the facts of what causes disequilibrium in you. Meditate on your behaviors each day.

(2) Develop indifference towards sensations, thoughts, feelings, etc., especially in meditation practice.

Helpful resources:

Books:

The Great Rebellion

Karma is Negotiable

Treatise of Revolutionary Psychology

Courses:

Beginning Here and Now

Bhavachakra, the Wheel of Becoming

Self-knowledge