

EQUANIMITY

Whatever comes my way
Peace of mind will stay
with equanimity

Every creature alive
seeks happiness to survive
we are all the same

If I remember this
I will put down my fist
anger is to blame

whether it's good or. Bad
whether I'm happy or sad
depends on the label

to only happiness find
I turn around my mind
to change I am able

no more need for defending
that which exists depending
on thought and name

open to tenderness
unfettered wilderness
lay down ego's game
lay down ego's game

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