



## EQUANIMITY

Whatever comes my way  
Peace of mind will stay  
With Equanimity, equanimity

Every creature alive  
Seeks Happiness to survive  
We all are the same  
Equanimity, equanimity

If I remember this  
I will put down my fist  
Only anger to blame  
Equanimity, equanimity

Whether it's good or bad  
Whether I'm happy or sad  
It's all the same  
With equanimity, equanimity

To only happiness find  
I turn around my mind  
To change I am able  
With equanimity, equanimity

No more need for defending  
That which exists depending  
On thought and name  
Equanimity, equanimity

Open to tenderness  
Unfettered wilderness  
Lay down ego's game  
Lay down ego's game

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