2.7.10 True Equanimity – The Step to an Unchanging State of Mind

Equanimity is a state of mind that frees us from being controlled by external conditions. Equanimity means that we are unaffected by how we feel or by the circumstances around us.

We do not change our mindset because circumstances change.

Equanimity in a game would mean that we don't care whether we win or lose. They are just two sides of an experience. One loses and another wins.

This does not mean that we are indifferent.

We invest everything to win. However, we fully accept reality even if we have lost.

By doing so, we experience the reality of losing as it is, without constructing unnecessary drama around it.

We cannot influence the weather. It is simply part of the conditions of life. Sometimes the sun shines, sometimes it rains. No matter how much we might hate winter or love summer, there will not be one hour more or less of either because of our feelings.

The weather, like reality itself, remains completely unimpressed by our desires.

I'm happy when it rains, because if I'm not happy, it rains anyway

Karl Valentin

The weather is what it is; our mind can struggle against it or meet it with equanimity. In the attitude of equanimity, we may even rediscover joy in winter.

It's about a deep inner acceptance of reality in the present moment.

Equanimity can easily be misinterpreted or misunderstood. Eastern philosophies are often criticized for appearing to promote irresponsibility. However, true equanimity has nothing to do with being irresponsible.

We change what we can change for the better.

But what we cannot change, we accept as it is.

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Reinhold Niebuhr (1892–1971)

Even changing something for the better is based on recognizing and acknowledging reality.

Equanimity means absolutely accepting what is.

It is the embracing and enduring of reality as it is. We do not create unnecessary suffering, nor do we fight against it.

Repression – Escaping Unwanted Reality and Its Consequences

From a psychological perspective, many problems - such as neuroses or addictions - arise because we cannot cannot endure ourselves. We repress what we do not want to see and especially not want to feel.

This gives rise to destructive psychodynamic patterns. Before we reach for an addictive substance or engage in addictive behavior, we typically experience a moment of inner restlessness, emptiness, or pain.

If we were able to consciously endure this state, we would not have to give in to the urge for distraction or numbness.

Addictive behavior ultimately serves to avoid the uncomfortable reality - so that we neither have to face it nor feel it.

Equanimity – An underestimated source of spiritual maturity

Those who have realized true equanimity within themselves no longer need to repress anything - because they are able to accept everything as it is. In the Christian sense, this also means:

They no longer need to sin, because they no longer act out of fear, deficiency, or avoidance.

How meditation leads to equanimity

In meditation, we can cultivate equanimity and experience its effects directly.

It is not within our power to determine how a meditation session will unfold - whether the mind will be calm or distracted, whether grace will be given or not, whether pleasant or unpleasant sensations will arise.

Everything happens—or does not happen.

By repeatedly practicing acceptance of each state as it is, a deep equanimity gradually develops.

We learn not to resolve unpleasant experiences through our habitual reaction patterns, but rather by surrendering to the moment itself.

In this way, we realize the value of endurance - and we repeatedly discover that a hidden

gift often lies within the heart of difficulty.

Experiences of grace often reveal themselves precisely where we have not avoided discomfort.

Even in everyday life, we increasingly recognize: Unpleasant phases are often followed by inner growth, success, or profound peace.

Equanimity helps us to consciously carry this process.

The interplay of devotion and equanimity

Through prayer, we develop devotion - a power that enables us to draw closer to God inwardly.

It leads to deeper meditation, more intimate prayer, and an increasingly free turning towards God.

Through the experiences we gain in practicing this attitude, a stable equanimity gradually grows.

Equanimity, in turn, enables us to completely devotion - even to an unpleasant reality.

Devotion and equanimity nourish each other – and lead us into the vastness of inner freedom.

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