

Equanimity Meditation Script

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This Equanimity Meditation Script is designed to guide practitioners through a balanced exploration of present-moment awareness. The practice moves systematically from initial grounding through other aspects of experience, helping participants develop a more spacious and accepting relationship with all that arises in their awareness.

During meditation, be mindful of the following instructions: Read the script at a calm, steady pace that matches natural breathing rhythms, not too fast, not too slow. After each paragraph, pause briefly (2-3 seconds) to let the guidance sink in. Extend pauses (5-10 seconds) after inviting participants to notice or observe something specific, giving them time to explore their experience. Use a gentle, warm tone that invites rather than commands. This aligns with the accepting nature of equanimity practice. When transitioning between sections (from body awareness to working with experiences), make the shifts gradual rather than abrupt. Depending on the time for meditation, you can modify the flow and focus on sections you think would be most helpful.

Feel free to use the following prompts when applicable in practice: Silence markers: We'll pause here for a few moments of silence... Take some time to be with this experience... Rest in awareness... Breath anchors: Return to the breath whenever you feel lost... Let each breath remind you of presence... Feel the natural rhythm of breathing... Permission statements: Adjust your position if you need to... Meet your experience exactly as it is... Take care of yourself in whatever way you need... Mind-wandering acknowledgments: If you notice your mind has wandered, that's perfectly natural... Each time you notice you're lost in thought, simply beginning again... Your awareness of distraction is itself a moment of mindfulness...

Opening welcome: Welcome to this equanimity meditation. In the next few moments, we'll journey together to cultivate a sense of inner balance and steadiness. This is a space where all experiences are welcome – where we can practice meeting life with an open heart. Equanimity invites us to find a balanced, spacious awareness that can hold all these changing experiences – pleasant, unpleasant, and neutral – without getting caught in reactivity.

Initial setting: To begin, find a position that allows you to be comfortable and aware. You might choose to sit on a chair with your feet flat on the floor or on a cushion with your legs crossed. If you prefer, you can lie down, taking care to stay awake and engaged. As you settle into this position, you might gently close your eyes, or if you prefer, let your gaze rest softly a few feet in front of you. Take these first moments to arrive fully in your body, in this space, in this moment.

Body and breath awareness: Now, bring your attention to the points where your body makes contact with the surface beneath you. Feel the weight of your sitting bones, or your back is fully supported. Let this physical connection with your environment remind you of the natural stability that you can always find. Then, allow your attention to flow naturally to your breath. Simply notice the sensations of each inhale and exhale. Perhaps you feel the gentle rise and fall of your chest, the expansion and contraction of your belly, or the cool air passing through your nostrils. Let each breath be a reminder of the constant flow of life moving through you. Take a few moments now to scan through your entire body, from the crown of your head down to your toes. Notice any areas of tension or holding... and any areas of ease or relaxation. Whatever you discover, see if you can hold it all in your awareness with equal interest and care.

Establishing the base: Let's begin by connecting with the natural equanimity of awareness itself. Like how the ocean holds all waves – from the gentlest ripple to the mightiest storm – your awareness has the capacity to hold all experience. Notice how, even now, awareness is present with: The sounds in your environment, both near and far; The physical sensations in your body; The thoughts and images moving through your mind; The emotional tones coloring your experience. All of these are part of your awareness. See if you can rest in this, knowing that awareness itself is already naturally accepting.

Working with pleasant experiences: Now, gently bring to mind something that brings you joy or contentment. It might be a happy memory, a recent success, or the face of someone you love. Allow yourself to experience the pleasantness of this moment fully. As you hold this in awareness, notice if there's any tendency to grasp or hold on – any wish for this pleasant experience to stay forever. This is natural. It's part of being human. See if you can hold both pleasantness and attachment with the same wide awareness. Your awareness can include both joy and wanting. Gradually, notice how even this pleasant experience naturally changes. Rather than resisting this change, practice allowing it to flow through you, appreciating it fully without clinging.

Working with unpleasant experiences: Now, shift your attention to recall a mild challenge or difficulty in your life. Nothing too overwhelming – perhaps a minor frustration or uncertainty you're facing. As this situation comes to mind, notice your natural responses: What sensations arise in your body? What emotions surface? What thoughts or stories appear? Notice if there's an impulse to push away or resist this experience. Again, this is perfectly natural. See if you can make room for both the unpleasant experience and any resistance. Try to hold them both in the spaciousness of your awareness. Equanimity doesn't mean we don't care or that we suppress our feelings. Instead, it's about finding a balanced way to be with our full experience, including the difficult parts.

Balancing opposites: As your practice deepens, begin to notice how awareness can hold seemingly opposite experiences: When pleasure arises, notice it fully... and also its changing nature; When pain is present, acknowledge it... and also its impermanence; In moments of praise, receive it... while staying grounded; During criticism, listen... while maintaining inner balance; With success, celebrate... without becoming attached; In difficulty, persist... without becoming discouraged.

Closing: In these final moments of practice, take a few deeper breaths, feeling the fullness of the inhale and the completeness of the exhale. Gradually begin to reorient to your surroundings. Notice the sounds in your environment. Feel the weight and position of your body. Gently wiggle your fingers and toes. When you're ready, slowly open your eyes. Like the earth beneath you, this steadiness is always available. Like the sky above, your awareness can always be open to whatever arises. You can return to this practice anytime you need to reconnect with your natural capacity for balance and presence.