

*Meditation on
Equanimity*



Upekkha Bhāvana

(1)

May I not be delighted by *gain*.

May I not be grieved by *loss*.

May I not be delighted by
praise.

May I not be grieved by *blame*.

May I not be delighted by
fame.

May I not be grieved by
disrepute.

May I not be delighted by
bodily *pleasure*.

May I not be grieved by *bodily
displeasure*.

May I not be delighted by
mental pleasure.

May I not be grieved by
mental displeasure.

May I live in peace.

(2)

May all beings **in this place...**

not be delighted by *gain*.

not be grieved by *loss*.

not be delighted by *praise*.

not be grieved by *blame*.

not be delighted by *fame*.

not be grieved by *disrepute*.

not be delighted by bodily
pleasure.

not be grieved by *bodily*
displeasure.

not be delighted by *mental*
pleasure.

not be grieved by *mental*
displeasure.

May they live in peace.

(3)

May all beings **in this city...**

not be delighted by *gain*.

not be grieved by *loss*.

not be delighted by *praise*.

not be grieved by *blame*.

not be delighted by *fame*.

not be grieved by *disrepute*.

not be delighted by bodily
pleasure.

not be grieved by *bodily*
displeasure.

not be delighted by *mental*
pleasure.

not be grieved by *mental*
displeasure.

May they live in peace.

(4)

May all beings **in this province...**

not be delighted by *gain*.

not be grieved by *loss*.

not be delighted by *praise*.

not be grieved by *blame*.

not be delighted by *fame*.

not be grieved by *disrepute*.

not be delighted by bodily
pleasure.

not be grieved by *bodily
displeasure*.

not be delighted by *mental
pleasure*.

not be grieved by *mental
displeasure*.

May they live in peace.

(5)

May all beings **in this
country...**

not be delighted by *gain*.

not be grieved by *loss*.

not be delighted by *praise*.

not be grieved by *blame*.

not be delighted by *fame*.

not be grieved by *disrepute*.

not be delighted by bodily
pleasure.

not be grieved by *bodily
displeasure*.

not be delighted by *mental
pleasure*.

not be grieved by *mental
displeasure*.

May they live in peace.

(6)

May all beings **in the world...**

not be delighted by *gain*.

not be grieved by *loss*.

not be delighted by *praise*.

not be grieved by *blame*.

not be delighted by *fame*.

not be grieved by *disrepute*.

not be delighted by bodily
pleasure.

not be grieved by *bodily*
displeasure.

not be delighted by *mental*
pleasure.

not be grieved by *mental*
displeasure.

May they live in peace.



Buddha Meditation Centre
Greater Toronto Area
*Mahamevnawa Buddhist
Monastery*

MeditationGTA.org
info@MeditationGTA.org
905-927-7117

11175 Kennedy Road
Markham, ON L6C 1P2

facebook.com/meditationGTA
meetup.com/meditationGTA