



Equanimity

Equanimity refers to the ability to accept what is without resistance. After all, if something's already so, what's the benefit of resisting? Equanimity refers to accepting things you can't control in a given moment. And it refers to not denying or suppressing your thoughts and emotions. You can't control the financial markets or a company's market value. Also there are such things in your personal life. So being Equanimous about these things is a healthy strategy.

Of course, this doesn't mean you must accept everything as 'is' and not make changes. If you're unhappy with a situation and are in a position to change it, than do so. Do not sit still, work on yourself, do not wait but take the first step and discover your inner voice (silence).

Literally, "equanimity" means **balance**. A state of serenity with joy and bliss.

In practical terms it means **don't fight with yourself**.

It refers to an attitude of not interfering with the operation of the six senses (hearing, seeing, smelling, tasting, the thinking mind and the feeling body) or sensory experience.

For example. If you are unhappy with a team member's performance and his or her improvement is unlikely, equanimity in this situation means accepting the emotions that this generates within you and making the necessary changes when appropriate.

A way to help you to stop fighting with yourself and/or stop suffering out of the Buddhism:

(Maybe first of all you laugh about the simplicity. No problem. Give it a try and go on trying. Be amazed.

1. Can you change the situation you are fighting with and/or suffering about NOW?
 - a. If YES, change it and stop suffering.
 - b. If NO ask yourself question 2.
2. Can you change the situation you are fighting with and/or suffering about when the circumstances change (like more time, when the money is there, etc..)
 - a. If YES, stop suffering NOW and organize the things that have to be organized or wait till the right moment is there.
3. If you cannot change the situation you are fighting with and/or suffering about now and also not in the future.
 - a. Accept! Really accept so stop toxifying yourself and the world around you for ever and never talk about it again or
 - b. Do not accept and find a new environment, work, relationship or what else where you do not have to fight with and/or suffer about (and be aware still new things you will start suffering about will arise).
4. Still no option? Resilience will come. Stop hurting yourself. Develop Self-love in a simple way. Think about this: You are the one you spend every day with. 24 Hours a day, for the rest of your life. So why not build a relationship with yourself? Treat yourself as a new lover, tell yourself "I love you". Compliment yourself, be gentle to yourself, allow yourself to shine and to be happy and fulfilled. You are worth it!

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