

"Developing a warm heart ourselves can also transform others. As we become nicer human beings, our neighbors, friends, parents, spouses, and children experience less anger. They will become more warm-hearted, compassionate, and harmonious. The very atmosphere becomes happier, which promotes good health, perhaps even a longer life."

The Dalai Lama His Holiness; Hopkins Ph.D., Jeffrey. How To Practice: The Way to a Meaningful Life (p. 5). Atria Books. Kindle Edition.

Meditation

HERE IS HOW WE CAN CULTIVATE EQUANIMITY IN MEDITATION.

1. Simultaneously visualize
a friend - an enemy - and a neutral person.

2. Examine your feelings to see who is being held closely
and who is being considered at a distance.

You feel naturally close to your friend;

regarding your enemy, you feel not only distant but sometimes
also anger or irritation;

you feel nothing for the neutral person.

Investigate why.

3. Consider whether the friend appears to be close
because she has helped you or your friends.

4. Consider whether the enemy appears to be distant
because he has harmed you or your friends.

5. Consider whether you feel indifference toward the neutral person
because he has neither helped nor harmed you or your friends.

6. Realize that, like yourself, all of these people want happiness
and do not want pain,
and in this important way they are equal.

7. Remain with this realization
until it sinks into the depths of your mind.