

# Equanimity: Intentional, Noticing Dropping Deeper, and Second-Order Equanimity ~ Shinzen Young

00:00:00 How can we bring equanimity to an experience?

00:00:06 You can intentionally bring equanimity to it. There are ways of doing that.

00:00:11 However, I would say that in the end, the most significant learning about equanimity

00:00:16 comes about by what you described initially, which is it just sort of happens to you

00:00:21 and you notice it, and you notice its effect.

00:00:25 How can you bring equanimity to an experience?

00:00:29 Well, you can try to physically relax the body.

00:00:34 That tends to open the body, and that tends to open consciousness.

00:00:38 So if you can keep the body physically relaxed as various sensory phenomena are arising,

00:00:45 that's something that you can intentionally do that would tend to create equanimity.

00:00:51 You can attempt to intentionally create talk that sort of welcomes whatever is coming up,

00:01:00 or you can attempt to sort of disregard talk that judges, or a sort of combined strategy,

00:01:11 you replace judging talk with accepting talk, because we have a certain control over internal talk.

00:01:20 So you can use your control over talk and your control over the relaxation of the body

00:01:27 to create equanimity to a certain extent.

00:01:31 But there's only a limited extent to which a person can do that.

00:01:36 And mostly you just wait for it to happen. You drop into it. It's a numbers game.

00:01:45 And then when you drop into it, you notice it's happened, and you notice the effect of it on your sense of happiness,

00:01:54 and that creates a positive conditioning loop.

00:01:58 It's important to also understand that if you can't have equanimity,

00:02:06 meaning you can't control the tensing in your body and the judging in your mind,

00:02:11 then have equanimity with the non-equanimity.

00:02:16 Go to that and just observe and accept the tension and observe and accept the judgments.

00:02:22 So that either you have equanimity or you have equanimity with your lack of equanimity,

00:02:27 which is a second-order equanimity, would be my recommendations.