

Equanimity, Compassion & Interconnection

Cortina 27/09/2024

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Turning the equanimity cogs



Awareness

Openness

Curiosity

Non-judgement

Acceptance

De-centering

Focused attention

Open monitoring / diffused

Mindfulness



Two Facing Operational definition of Equanimity



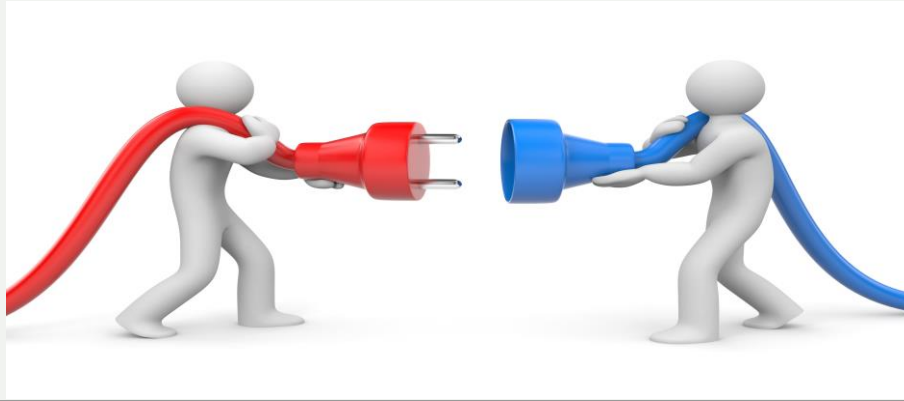
Inner equanimity:

Open acceptance of non-reactivity towards your discrimination faculties (pleasure/displeasure/neutrality) so you can respond with compassion for self and others.



Outer equanimity:

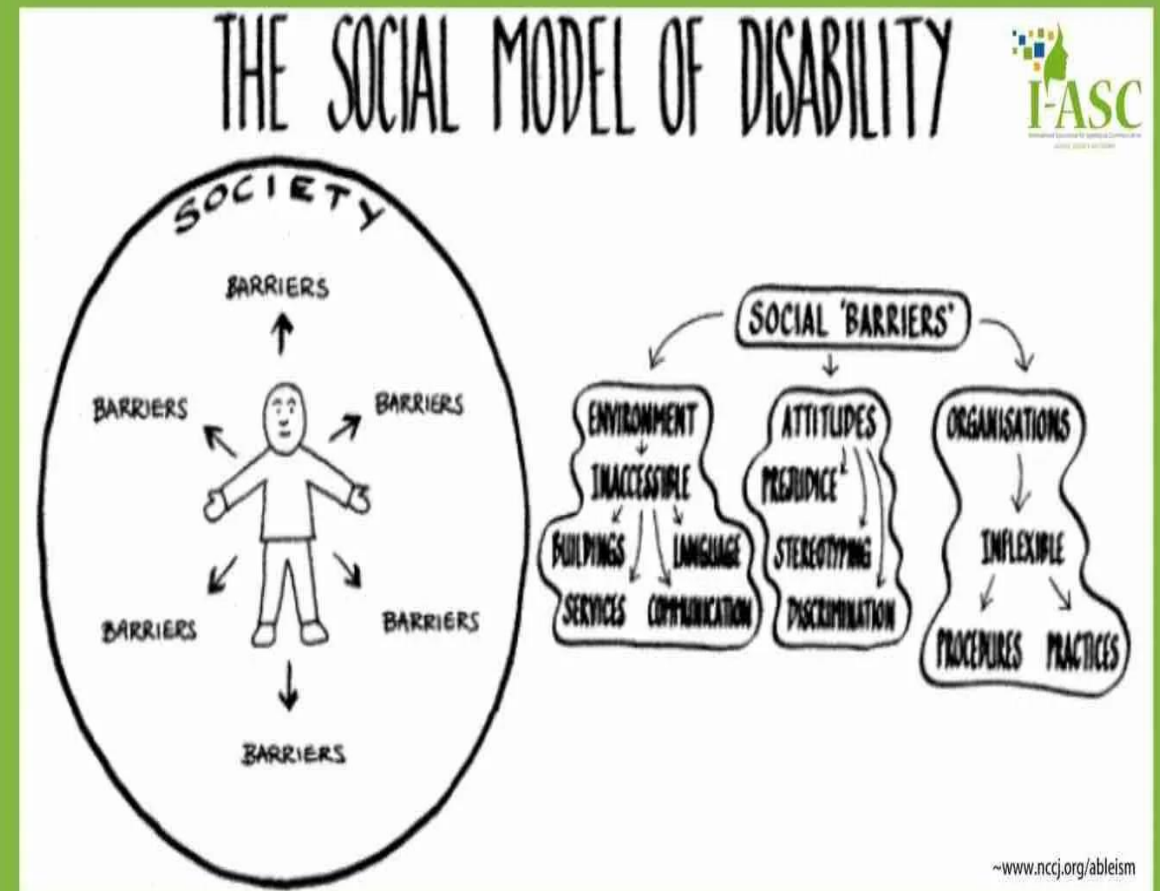
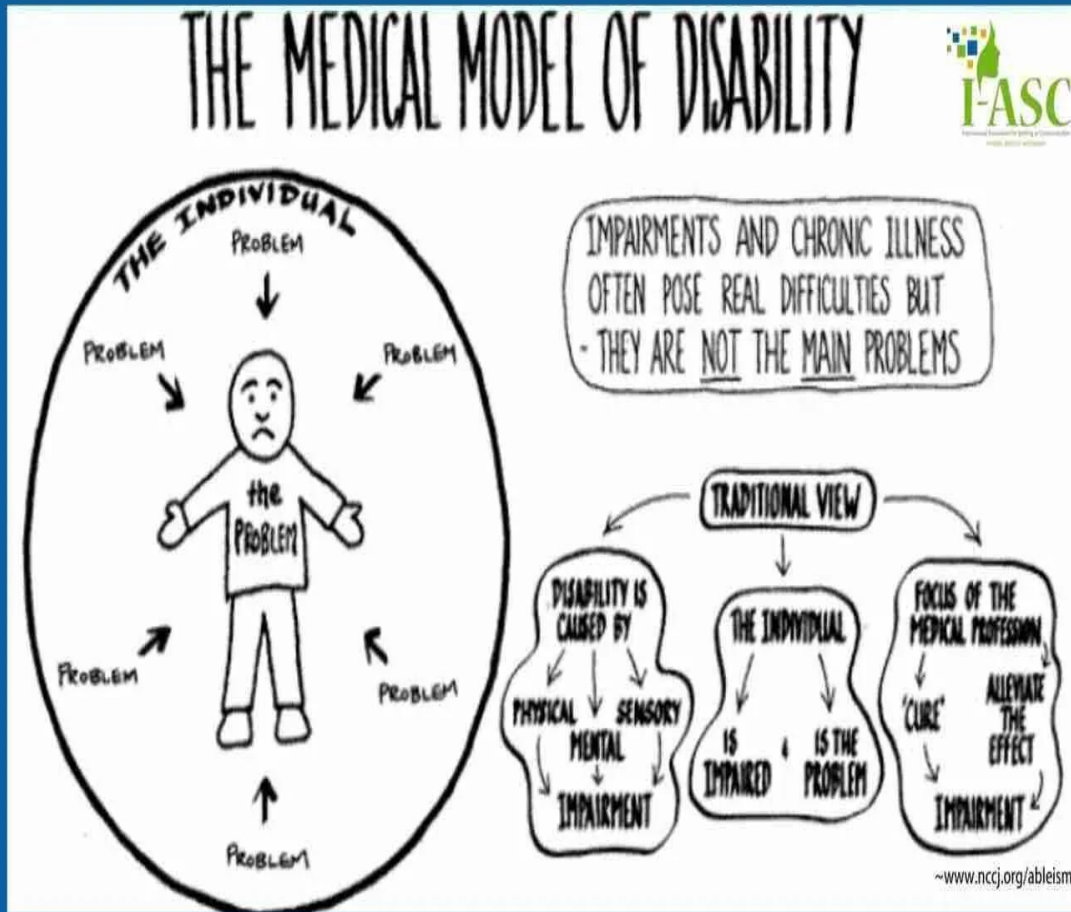
Accepting an individual's discrimination faculties (pleasure/displeasure/neutrality) with patience so you can respond with compassion for self and others.



A shift from the individual subjective experience and perception to the very basis of self-construct. A glance to the myriad conditions that have created 'I'. Using this as the vehicle to elicit empathy and compassion in self and others. Through self-analysis, introspection, reflection.

Understanding and discerning others 'self-construct' as a vehicle for connection.

Beyond a therapeutic self-help tool and toward a socially connected compassion amplification.



Neurophysical contagion

Mirror neurons

- Light up when we perform & observe an action

Emotional contagion

- 'catch' emotions from others – brain mimicking

Physiological mirroring

- heart rates matches / breathing patterns in synchronicity



Meditation



This is enhanced during group meditation significantly altering the collective experience through shared emotional states, collective energy and focus and enhancement of empathy and compassion.

A powerful sense of unity and connection occurs in the shared experience creating a more profound flavour.



- Is this a momentary shared conscious experience?
- A sense of the collective
- A microcosm of interconnectedness

- Group meditation is a real-world demonstration of interdependence showing that our thoughts, emotions and mental states are not isolated, but intertwined with others.

Social and global unity through equanimity

Equanimity meditation when cultivating friend, stranger and enemy for example is one method of radiating compassion / also metta – LKM and this becomes amplified fostering a deep sense of unity.

Through shared practices and interventions, individuals can tap into the collective field of consciousness and transcend individual boundaries.

Equanimity as a buffer to emotional contagion.

The world is mad ! We need protection.

Emotional resilience and balance required to navigate lifes challenges.

Mindful presence during emotional waves. Not waving but drowning?

Equanimity becomes the still point in neurophysical flux.



Equanimity as a tool for global leadership

Political, social and cultural landscapes are increasingly interconnected DIPLOMACY becomes even more critical.

Relationships – equanimity becomes the foundation for diplomatic behaviour.

Non-reactivity in the face of provocation.

Diplomatic sensitivity

Balanced engagement with different cultures

Conflict resolution

Space for dialogue

Empathy without emotional overload

Decisive leadership

'We don't have a health problem, we have a village problem' (Russell, 2018)

Emiliana Romagna – cooperative model as a prime example of how cooperatives can empower local economies and communities.

Over 8000 cooperatives contributing 30% of the regions GDP employing more than 265000 people.

(European Research Institute on Cooperative and Social Enterprises Euricse)

Everchanging nature of reality

Everything is dependent on everything else!

Equanimity supports insight into interdependence – when the mind is balanced and not reactive it is less likely to distort or desire/attach or become averse.

Interdependence leads to equanimity because we can see the illusory nature of our attachments (to self and material things).

Equanimity / Judgement / Discernment

Can you gently rock experience in the cradle of discernment, yet consciously apply equanimity with your response.

Reference list

