Upekkhā (Equanimity)

The aim of equanimity is to "rest the mind before it falls into extremes". It is a spacious, calming balance, an evenness of heart/mind towards all beings and conditions.

1) Neutral Person, 2) Benefactor, 3) Dear Friend, 4) Difficult Person, 5) Oneself

Traditional: All beings are owners of their actions; their happiness or unhappiness depends upon their actions, not upon my wishes.
Or: The unfolding of a person's life is the result of countless knowable and unknowable and untraceable causes and conditions.
All beings have their own journey (depending upon countless causes and conditions).
Gain and loss/Pleasure and pain/Praise and blame/Fame and disrepute...arise and pass away.
This is how it is right now.
May I accept/open to how it is right now.
May my heart incline towards equanimity
May my heart be at ease with the inner/outer changing conditions of life.

Near/Masked Enemy: Indifference, apathy
Far/Direct Enemy: Reactivity in the form of forms of attachment or aversion