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In the tranquil waters of the mind, where the tumultuous waves of emotion ebb and flow, there lies an oasis of balance known as equanimity. It is a state of emotional serenity, untouched by the storms of lifes vicissitudes, where the psyche remains calm and composed. This coveted equilibrium is not a detachment from the richness of experience, but rather a profound engagement with the present moment, free from the shackles of reactive impulses. As we embark on this exploration of equanimity, we uncover the art of mental poise, a harmonious blend of mindfulness and resilience that allows one to navigate the complexities of existence with grace and steadfastness.Equanimity, a state of calmness and composure, has long been revered as a virtue in many cultures across the world. It is the ability to remain centered and balanced amidst the ups and downs of life. We errantly try to create a peaceful life through faulty beliefs that we can create a peaceful world around us. However, the world will never comply to these unrealistic demands. No matter what we do, or where we go, life will throw countless, unplanned, unwanted surprises our way. Accordingly, peace comes from inner equanimity. Peace is the product of how we process this rascal world and all its unsettling events.We refer to this inward quality as equanimity. Consequently, with equanimity, we can enjoy peace while in the middle of storms. Over the last several decades research of mindfulness has exploded. Doctors and medical clinics often include mindfulness based interventions for a number of illness, primarily focusing on stress reduction. Some researchers suggest that equanimity is the most significant psychological element in the improvement of well-being (Weber, 2021). Basically, mindfulness is just a vehicle for creating equanimity.Equanimity is a psychological and emotional state characterized by inner peace and emotional stability, achieved regardless of external circumstances. It involves the ability to remain calm and composed in the face of lifes challenges, maintaining a balanced and non-reactive mindset.At its core, equanimity refers to maintaining an inner peace regardless of external circumstances. It is not about suppressing emotions or being indifferent, but rather about developing a deep sense of mindfulness and acceptance. Equanimity allows us to navigate through lifes challenges with grace, resilience, and a clear mindset.The clear mindset perhaps is the most salient feature of equanimity itself. Ancient Buddhist text explain that mindfulness has four conditions: being diligent, clearly knowing, and mindful, removing greed and sadness from the world (Anlayo, 2021). Since mindfulness is a practice of the mind, we can assume removing greed and sadness from the world may be interpreted removing the greed and sadness of the world from our minds.Xianglong Zeng and colleagues interprets it this way, equanimity refers to a peaceful attitude towards those bodily sensations, feeling neither greed regarding good feelings nor hatred toward bad feelings (Zeng, et al., 2013). Equanimity is a non-judgmental practice of the mind in response to internal sensations.Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better take things as they come along with patience and equanimity.In the Indriya-bhavana Suttra, the Buddha describes the equanimous states as:When seeing a form with the eyeWhen hearing a sound with the earWhen smelling an aroma with the noseWhen tasting a flavor with the tonguewhen touching a tactile sensation with the body When cognizing an idea with the intellect, there arises in him what is agreeable, what is disagreeable, what is agreeable and disagreeableif he wantsin the presence of what is loathsome and what is notcutting himself off from both, he remains in equanimity, alert, and mindful (Weber, 2021).Phillip Simmons was diagnosed with ALS at thirty-five years of age. He was told he had less than five years to live. He gracefully worked through his life challenge, learning to live with poise and coolness through the most difficult circumstances. During his final years, he wrote Learning How to Fall. His book is a spiritual classic from a person that learned how to live with equanimity while facing an early death from disease. He exhorts, what were after is equanimity, the poise that allows us to accept gracefully the blessings and burdens that are beyond our control. What were after is the ability, regardless of circumstance, in the face of disappointment and happy surprise, in the face of tragedy and bliss, to return home to our true selves and our highest natures (Simmons, 2021, Kindle location: 1,895).Markedly, the point is not to foster and attitude of indifference of inner sensations. Life is a felling experience. We need the richness of emotion in our lives. What we dont need is the constant judgmental commentary of whether a feeling is good or bad.Jack Kornfield, writer and teacher in the American Vipassana movement, wrote the near enemy of equanimity is indifference. True equanimity is balance in the midst of experience, whereas indifference is a withdrawal and not caring, based on fear. It is a running away from life. Thus, with equanimity, the heart is open to touch all things, both the seasons of joy and sorrow (Kornfield,1993).Robert Augustus Masters, PhD., an integral psychotherapist explains that the more we label our difficult emotions as negative, the greater the odds are that well tend to overvalue our positive emotions, making too much of a virtue out of being happy, upbeat, optimistic. He warns we may confuse emotional flatness with equanimity and emotional dissociation with transcendence (Masters, 2013, Kindle Location: 957). Equanimity allows and even advocates the fullness of emotion. We just experience the richness without judgement.Joey Weber suggests that equanimity mediates prosocial change and mental well-being as a form of emotional regulation (Weber, 2021). The mindful contact with emotions without judgement changes the experience of arousal. Focusing on emotions without being carried away allows for the wisdom without a maladaptive reactionary response. Catherine Juneau and her colleagues wrote that the development of equanimity brings a new perspective on our emotions and allows for better emotional regulation (Juneau, et al., 2020).However, a state of equanimity provides more than just emotional regulation. A few other benefits mentioned in equanimity literature are:Emotional Stability: Equanimity helps us regulate our emotions, preventing us from becoming overwhelmed by stress, anxiety, or anger. By cultivating equanimity, we can respond to situations more thoughtfully and rationally, rather than reacting impulsively.Mental Clarity: When our mind is peaceful and equanimous, we gain clarity of thought. We can make better decisions, solve problems more effectively, and approach life with a rational and objective perspective.Improved Relationships: Equanimity promotes empathy and understanding in our interactions with others. By staying calm and composed, we can communicate more effectively, foster better connections, and resolve conflicts in a harmonious manner.Reduced Suffering: Life is full of uncertainties and challenges. Equanimity enables us to accept the inevitable ups and downs of life, reducing our attachment to the outcomes and diminishing unnecessary suffering.Increased Resilience: Equanimity strengthens our resilience in the face of adversity. It allows us to bounce back from setbacks, learn from failures, and adapt to change with greater ease.Daniel Siegel, a clinical professor of psychiatry at the UCLA School of Medicine, wrote that there is a suggestion from a basic research study that mindfulness traitsthe tendency to be aware of present-moment experience, to have an open stance toward oneself and others, to have emotional equanimity, and to be able to describe the inner world of the mindand secure attachment may go hand in hand (Siegel, 2020).Basically, the more in tune we are with our emotional states the greater ability we have to emotionally attune to a partners. So, equanimity invites emotional intimacy and emotional attunement. Both essential traits for stable and healthy relationships.Rollo May proclaimed that we need courage to experience serenity amidst the chaos. He wrote, we refer rather to courage as an inward quality, a way of relating to ones self and ones possibilities. As this courage in dealing with ones self is achieved, one can with much greater equanimity meet the threats of the external situation. May continues, courage is the capacity to meet the anxiety which arises as one achieves freedom. It is the willingness to differentiate, to move from the protecting realms of parental dependence to new levels of freedom and integration (2009, Kindle location: 224).Cultivating equanimity is no simple task. Life is disruptive on many fronts. Keeping calm composure amidst the chaos requires courage and skill. However, before proceeding, we must remember that equanimity is a state of being, but also is connected to biological traits. Basically, some people naturally achieve states of equanimity with little or no effort while others must work hard to experience fractured moments of calmness. We must be kind to ourselves as we strive for the tranquil states of equanimity.Mindfulness Meditation: One of the most effective ways to cultivate equanimity is through regular mindfulness meditation. By observing our thoughts and emotions without judgment, we develop a heightened awareness that helps us stay balanced in difficult situations.Acceptance and Letting Go: Practice accepting things as they are, embracing the impermanence of life. Let go of expectations, attachments, and the need for control. By relinquishing our resistance to the present moment, we can find equanimity.Self-Care: Engage in activities that nurture your well-being, such as exercise, spending time in nature, reading, or engaging in hobbies. Taking care of ourselves physically, emotionally, and mentally fosters a strong foundation for equanimity.Cultivate Compassion: Extend compassion and understanding not only to others but also to yourself. Treat yourself with kindness and practice self-compassion. This allows for a gentler and more equanimous approach towards lifes challenges.Seek Support: Connect with like-minded individuals or seek guidance from a mentor or therapist. Sharing experiences and learning from others can support your journey towards cultivating equanimity.Kornfield encourages even confusion and the tendency to be disconnected from life can be transformed into a wise and spacious equanimity, a wise and compassionate balance that embraces all things with peace and understanding (Kornfield, 1993).As I mentioned at the opening to this section, we all have different traits and the ability to experience equanimity is strongly associated with some of our character traits. While self-awareness is a key component for developing equanimity, for some that are overly stimulated by inner feelings, perhaps, need a little less self-awareness and more external stimuli.Richard J. Davidson and Sharon Begley taught that we rearrange your environment to encourage or discourage Self-Awareness. To boost Self-Awareness, decrease distractions and choose quiet environments, which make it easier to perceive internal feelings and sensationsTo decrease Self-Awareness, do the opposite: Arrange things so you have more external stimuli to focus on (Davidson & Begley, 2012, Kindle location: 4,273).Emotional Equilibrium: This refers to a state of balance or stability in a persons emotional state. It is characterized by a sense of calmness, resilience, and the ability to regulate ones emotions effectively. Individuals with emotional equilibrium are generally able to respond to events and triggers in a balanced and adaptive manner, without experiencing extreme emotional highs or lows.Homeostasis: This concept involves maintaining a stable internal environment.In psychological terms, it can refer to the regulation of emotions to achieve a balanced state.Cognitive Appraisal Theory: This theory suggests that individuals interpretations of events affect their emotional responses.Emotional equilibrium is achieved when individuals appraise events in a way that maintains emotional stability.Affect Regulation: This refers to the strategies people use to maintain, increase, decrease, or change an emotional experience.Basically, we maintain emotional equilibrium through effective affect regulation.Set Point Theory: This theory suggests that individuals have a preferred level of physiological functioning (set point). Deviations from this point trigger compensatory mechanisms to restore balance.Diathesis-Stress Model: This model is a psychological theory that suggests that people have an underlying predisposition (diathesis) towards certain psychological conditions, and that the manifestation of these conditions is determined by the presence of stressors.Stress Management: Techniques and strategies used to control, reduce, and cope with the negative effects of stress. It involves identifying stress triggers, implementing healthy coping mechanisms, and making lifestyle changes to enhance well-being.Equanimity is a powerful state of mind that empowers us to find peace and stability amid the chaos of life. As we draw the curtain on our contemplation of emotional equanimity, we are reminded of its profound significance in the tapestry of human experience. This state of inner tranquility is not a distant peak to be scaled, but a path to be walked daily, with each step taken in mindful awareness.Equanimity offers us the strength to face lifes challenges with a steady heart, to embrace joy without clinging, and to meet sorrow without despair. It is the quiet power that steadies us amidst lifes inevitable flux, a serene anchor in the swirling currents of emotion. May we all strive to cultivate this noble quality within ourselves, finding peace amidst chaos, and in doing so, bring a measure of that peace into the world around us. Equanimity is not just a personal haven; it is a gift we offer to othersa testament to the resilience and grace of the human spirit.Last Update: November 23, 2024Weekly updates of newly published articles Anlayo, Bhikkhu (2021). Relating Equanimity to Mindfulness. Mindfulness, 12(11), 2635-2644. DOI: 10.1007/s12671-021-01671-zDavidson, Richard J.; Begley, Sharon (2012). 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The Kindle location references seen through Psychology Fanatic is how kindle notes saves my highlights.Please note that some of the links in this article are affiliate links. If you purchase a product through one of these links, I may receive a small commission at no additional cost to you. This helps support the creation of high-quality content and allows me to continue providing valuable information. The peer reviewed article references mostly come from Deepdyve. This is the periodical database that I have subscribe to for nearly a decade. Over the last couple of years, I have added a DOI reference to cited articles for the readers convenience and reference. Equanimity offers an antidote to neuroticism and shares key principles with the philosophy of Stoicism. The cultivation of equanimity can yield significant benefits across various life domains. Simple strategies can help you develop emotional balance and resilience to manage life's fluctuations. Source: Cast Of Thousands/ShutterstockEquanimity, a concept often sidelined in psychological discourse, signifies a state of mental equilibrium maintained amid stressful or adverse situations. Maintaining a calm and balanced mind, regardless of circumstances, promotes well-being across various life domains. Research suggests that individuals who possess higher equanimity often report better physical health and demonstrate a greater capacity to manage stress. Benefits of EquanimityEquanimity has also been linked to improved psychological well-being. It enables individuals to effectively navigate emotional ups and downs, reducing symptoms of anxiety and depression. In professional settings, equanimity has been associated with increased job satisfaction and performance, as it cultivates the ability to stay composed and focused even in high-pressure scenarios. In relationships, equanimity improves interpersonal dynamics by fostering empathy, understanding, and conflict management. Cultivating this trait could offer a significant boon to one's overall quality of life. A Psychological TriadEquanimity intriguingly intersects with two well-documented areas in personality psychology: neuroticism, a dimension of the Big Five personality model, and Stoicism, a philosophy that originated in ancient Greece. As a cardinal dimension of the Big Five model, neuroticism denotes individuals prone to experiencing negative emotions, such as anxiety, anger, guilt, and depression. Individuals high in neuroticism often exhibit substantial emotional reactivity and struggle to maintain emotional balance, particularly in stressful circumstances. Equanimity offers a counterbalance to neuroticism. As a psychological trait, it encapsulates the capacity to sustain calmness and composure despite life's inevitable fluctuations. An individual with a high degree of equanimity often displays a low degree of neuroticism, being better equipped to manage and mitigate negative emotions. Stoicism intersects meaningfully with equanimity. This philosophy espouses peace and calmness in the face of adversity, encouraging detachment and acceptance towards events beyond personal control. As the renowned Stoic philosopher Epictetus encapsulates, "We cannot choose our external circumstances, but we can always choose how we respond to them." This alignment between Stoicism and equanimity becomes evident when considering their shared emphasis on calmness, composure, and resilience. The Stoic mindset equips individuals with the strategies to foster equanimity, encouraging acceptance and emotional distance from uncontrollable circumstances, thus reducing the potential detrimental impacts of high neuroticism. This understanding carries meaningful implications for therapeutic methodologies. Cognitive-behavioral therapies, for instance, often weave in elements of Stoicism to help those with high neuroticism build coping mechanisms that nurture equanimity. Elevating your EquanimityDespite their complexity, practical steps can be taken to foster equanimity:Mindfulness Meditation: Meditation helps foster equanimity by training the mind to focus on the present moment, reducing the tendency to react to stressful situations. Daily mindfulness meditation can help you maintain calm, for instance during a high-pressure presentation at work.Cognitive Behavioral Therapy (CBT): CBT can aid in managing negative thought patterns and reducing emotional reactivity. When faced with a failed project, rather than spiraling into self-blame, you might recognize that failure is a part of learning and improvement.Practicing Stoicism: Stoic philosophies encourage acceptance of things beyond one's control, helping to develop equanimity. If you are stuck in traffic, you can accept the situation instead of becoming frustrated, focusing on things within your control, like enjoying music.Yoga and Breath Control: Yoga and pranayama (breath control exercises) have been shown to reduce stress and promote calmness. For example, taking a few minutes to focus on deep breathing during a hectic day can help restore a sense of balance.Healthy Lifestyle: Regular exercise, a balanced diet, and sufficient sleep contribute to overall mental well-being, supporting equanimity. Maintaining a regular sleep schedule can help you manage work stress more effectively.Gratitude Practice: Regularly acknowledging what you're grateful for can help shift focus from negative emotions and promote a balanced state of mind. A daily gratitude journal can enhance your perspective on life's challenges.Cultivating Self-Compassion: Treating oneself with kindness during times of failure or suffering can help maintain emotional balance. If you did poorly in a job interview, you might offer yourself understanding and kindness instead of harsh self-criticism, acknowledging that everyone makes mistakes.Exposure Therapy: Gradually and repeatedly exposing yourself to a feared object or situation can reduce anxiety and promote equanimity. If you fear public speaking, you might start speaking in front of a small group and gradually increase the audience size.Developing a Growth Mindset: Embracing challenges as opportunities for growth, rather than threats, can foster equanimity. Receiving constructive criticism at work can be seen as an opportunity for improvement rather than a personal attack.Building Resilience: Learning to bounce back from adversity, and viewing difficulties as temporary and manageable, can help maintain a balanced emotional state. If you've experienced a personal setback, recognizing your strength to overcome past challenges can aid in coping with current difficulties. What Is Resilience? Take our Resilience Test Find a therapist near me The Power is Within UsThe intertwined nature of equanimity, neuroticism, and Stoicism paints a comprehensive picture of emotional experiences and human behavior. Where neuroticism represents a predisposition towards negative emotional experiences, equanimity, and Stoicism serve as valuable counterweights. They enable the cultivation of a tranquil and poised state of mind, thereby bolstering resilience against stressors. As explained by Epictetus, the power to regulate our emotional responses is inherently within us regardless of external circumstances. This understanding underscores the integral role of equanimity in mental health and highlights a promising pathway toward increased emotional balance. Get the help you need from a therapist near youa FREE service from Psychology Today. Atlanta, GA Austin, TX Baltimore, MD Boston, MA Brooklyn, NY Charlotte, NC Chicago, IL Columbus, OH Dallas, TX Denver, CO Detroit, MI Houston, TX Indianapolis, IN Jacksonville, FL Las Vegas, NV Los Angeles, CA Louisville, KY Memphis, TN Miami, FL Milwaukee, WI Minneapolis, MN Nashville, TN New York, NY Oakland, CA Omaha, NE Philadelphia, PA Phoenix, AZ Pittsburgh, PA Portland, OR Raleigh, NC Sacramento, CA Saint Louis, MO San Antonio, TX San Diego, CA San Francisco, CA San Jose, CA Seattle, WA Tucson, AZ Washington, DC More from Jessica Koehler Ph.D. More from Psychology Today ,the free encyclopedia that anyone can edit.117,937 active editors 7,001,149 articles in EnglishThe English-language Wikipedia thanks its contributors for creating more than seven million articles! Learn how you can take part in the encyclopedia's continued improvement.GL Mk.II transmitter vanRadar, Gun Laying, MarkI, or GL Mk.I for short, was an early World WarII radar system developed by the British Army to provide information for anti-aircraft artillery. There were two upgrades, GL/EF (elevation finder) and GL Mk.II (pictured), both improving the ability to determine a target's bearing and elevation. GL refers to the radar's ability to direct the guns onto a target, known as gun laying. The first GL sets were developed in 1936 using separate transmitters and receivers mounted on gun carriages. Several were captured in 1940, leading the Germans to believe falsely that British radar was much less advanced than theirs. The GL/EF attachment provided bearing and elevation measurements accurate to about a degree: this caused the number of rounds needed to destroy an aircraft to fall to 4,100, a tenfold improvement over early-war results. The Mk.II, which was able to directly guide the guns, lowered the rounds-per-kill to 2,750. About 410 Mk.Is and 1,679 Mk.IIs were produced. (Fullarticle...)Recently featured: Andrea NavageroNosy KombaMcDonnell Douglas Phantom in UK serviceArchiveBy emailMore featured articlesAboutLieke Klaver ahead in the women's 400 metres final... that a 400-metre race in 2025 (pictured) was won by Lieke Klaver, who pretended that an absent competitor was running in front of her?... that the land snail Drymaeus poecilus is notable for the striking variety of colors and patterns on its shell?... that a forensic investigation of Signalgate has determined how a journalist was included in a group chat about Operation Rough Rider?... that two of the players involved in the 2005 Vietnamese football match-fixing scandal did not accept payment because they felt ashamed?... that a rebellion against a peace treaty with the Yuan dynasty operated out of the Historic Site of Anti-Mongolian Struggle on Jeju Island?... that Nathan Frink fled the United States with enslaved children to settle in Canada, where he was elected as a Member of the Legislative Assembly and caught in a smuggling conspiracy?... that Seattle's women's ice hockey team has an expected rival, despite not even having played their first game?... that Cave Johnson Couts was separately acquitted for shooting his foreman, firing on funeral mourners, and whipping a native laborer to death?... that characters' scars in an episode of The Last of Us were made with a paste-based appliance and a food mixer? ArchiveStart a new articleNominate an articleNgg wa Thiong'oKenyan writer and activist Ngg wa Thiong'o (pictured) dies at the age of 87.In sumo, nosato Daiki is promoted to yokozuna.In association football, Liverpool win the Premier League title.In motor racing, lex Palou wins the Indianapolis 500.Ongoing: Gaza warM23 campaignRussian invasion of UkrainetimelineSudanese civil wartimelineRecent deaths: Phil RobertsonMary K. GaillardPeter DavidAlan YentobGerry ConnollySebastio SalgadoNominate an articleMay 30: Statehood Day in Croatia (1990)Johann Sebastian Bach1431 Hundred Years' War: After being convicted of heresy, Joan of Arc was burned at the stake in Rouen, France.1723 Johann Sebastian Bach (pictured) assumed the office of Thomaskantor in Leipzig, presenting the cantata Die Elenden sollen essen in St.Nicholas Church.1922 The Lincoln Memorial in Washington, D.C., featuring a sculpture of the sixteenth U.S. president Abraham Lincoln by Daniel Chester French, opened.1963 Buddhist crisis: A protest against pro-Catholic discrimination was held outside the National Assembly of South Vietnam in Saigon, the first open demonstration against President Ng nh Dim.2008 The Convention on Cluster Munitions, prohibiting the use, transfer, and stockpiling of cluster bombs, was adopted.Ma Xifan (d.947)Colin Blythe (b.1879)Norris Bradbury (b.1909)Wynonna Judd (b.1964)More anniversaries: May 29May 30May 31ArchiveBy emailList of days of the yearAboutSeventeen performing "Oh My!" in 2018South Korean boy band Seventeen made their debut on May 26, 2015, when they performed a showcase for their debut EP 17 Carat in front of a crowd of 1,000 people. Since then, the group have held 9 concert tours, 13 fan meetings, and have performed at a number of music festivals and awards shows. Their concert tours include the Right Here World Tour, which sold over one million tickets, and the Follow Tour, which was noted by Billboard as being the top grossing K-pop tour of 2023. In 2024, Seventeen made their first appearances at festivals in Europe, when they were the first South Korean act to perform at Glastonbury Festival's Pyramid Stage and as headliners for Lollapalooza Berlin. Seventeen's live performances are well regarded by fans and critics alike, and garnered them the award for Top K-pop Touring Artist at the 2024 Billboard Music Awards. (Fulllist...)Recently featured: Accolades received by Top Gun: MaverickNational preserve76th Primetime Emmy AwardsArchiveMore featured listsIgnace Tonen (1840 or 1841 15 March 1916), also known as Nias or by his Ojibwe name Maiagizis ('right/correct sun'), was a Teme-Augama Anishnabai chief, fur trader, and gold prospector in Upper Canada. He was a prominent employee of the Hudson's Bay Company. Tonen was the elected deputy chief before being the lead chief and later the life chief of his community. In his role as deputy, he negotiated with the Canadian federal government and the Ontario provincial government, advocating for his community to receive annual financial support from both. His attempts to secure land reserves for his community were thwarted by the Ontario premier Oliver Mowat. Tonen's prospecting triggered a 1906 gold rush and the creation of Kerr Addison Mines Ltd., although one of his claims was stolen from him by white Canadian prospectors. This photograph shows Tonen in 1909.Photograph credit: William John Winter; restored by Adam CuerdenRecently featured: Australian white ibisHell Gate BridgeAnemonoides blandaArchiveMore featured picturesCommunity portal The central hub for editors, with resources, links, tasks, and announcements.Village pump Forum for discussions about Wikipedia itself, including policies and technical issues.Site news Sources of news about Wikipedia and the broader Wikimedia movement.Teahouse Ask basic questions about using or editing Wikipedia.Help desk Ask questions about using or editing Wikipedia.Reference desk Ask research questions about encyclopedic topics.Content portals A unique way to navigate the encyclopedia.Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects: CommonsFree media repository MediaWikiWiki software development Meta-WikiWikimedia project coordination WikibooksFree textbooks and manuals WikidataFree knowledge base WikinewsFree-content news WikiquoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikiversityFree travel guide WiktionaryDictionary and thesaurusThis Wikipedia is written in English. Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles DeutschEspaolFranaisItalianoNederlandsPolskiPortugusSvenskaTing Vit 250,000+ articles Bahasa IndonesiaBahasa MelayuBn-lm-gCataletinaDanskEestiEsperantoEuskaraMagyarNorsk bokmlRomnSimple EnglishSloveninaSrpskiSrpskohrvatskiSuomiTrkeOzbekcha 50,000+ articles AsturianuAzrbaycancaBosanskiFryskGaeilgeGalegoHrvatskiKurdLatvieuLietuviNorsk nynorskShqipSlovenina Retrieved from " 2EP by Seventeen17 CaratEP by SeventeenReleasedMay29,2015(2015-05-29)GenreK-popdance-pophip hopLength16:48LanguageKoreanLabelPledis EntertainmentLOEN EntertainmentSeventeen chronology17 Carat(2015)Boys Be(2015)Singles from 17 Carat "Adore U"Released: May 29, 201517 Carat is the debut extended play (EP) by South Korean boy group Seventeen. It was released on May 29, 2015, by Pledis Entertainment and distributed by LOEN Entertainment. "Adore U" serves as the lead single for the EP.17 Carat features five tracks written, co-written, and co-produced by Seventeen's group members. "Adore U" was chosen as the lead single for the EP and was performed on multiple music shows by the group. "Shining Diamond" was used as a pre-single on the group's reality debut show. The group stated that the tracklist was chosen to reflect Seventeen's core concept of "boys' passion".[1] The album has two physical versions: one with a "black" themed photo card set, and the other with a "white" themed photo card set. All copies include a CD containing the songs and a fold-up poster/lyric sheet."Adore U" is the lead single of the extended play. It was written by Woozi, S.Coups, and Yeon Dong-geon.[2] The Korea Herald states "'Adore U' is a funky pop song about a teenage boy trying to navigate through puppy love."[3] It marks the beginning of the group's trilogy composed of the singles Adore U, Mansae, and Pretty U about a boy meeting, falling in love and asking out a girl. The track was composed and arranged by Woozi, Bumzu, and Yeon Dong-geon. The music video for the single was released on May 29, 2015, and was directed by Dee Shin. The dance choreography accompaniment to the song was choreographed by Hoshi and focuses on "storytelling, and on highlighting each member's strengths onstage".[4] The single has sold more than 38,000 digital copies and peaked at number 13 on the Billboard US World Chart.The EP has sold over 82,972 copies in South Korea.[5] It peaked at number 4 on the Korean Gaon Album Chart[6] and number 8 on the US World Billboard Chart.[7]Year-end listsCritic/publicationList Rank Ref.BillboardThe 10 Best K-pop Album of 2015Placed[8]Hoshi participated in the choreography of "Adore U" and "Shining Diamond", Dino choreographed "Jam Jam".[9]Official track list[10]No.TitleLyricsMusicArrangementsLength1."Shining Diamond"WooziVernonS.CoupsKim Min-jeongWooziMasterKeyRishiMasterKeyRishi3:242.""Adore U"" (; Akkinda)WooziVernonS.CoupsBumzuWooziBumzuYeon Dong-geonWooziBumzuYeon Dong-geon3:073."Ah Yeah" (Hip-Hop unit)S. CoupsVernonWonwooMingyuCream DoughnutRishiCream DoughnutRishi3:294."Jam Jam" (Performance unit + Vernon)WooziHoshiDinoVernonWooziCream DoughnutCream Doughnut3:255."20" (Vocal unit)WooziWooziWon Yeong-heonWon Yeong-heonDong Ne-hyeong3:23Weekly chart performance for 17 CaratChart (2015-2023)PeakpositionJapanese Albums (Oricon)[11]46South Korean Albums (Gaon)[12]4US World Albums (Billboard)[13]8Year-end chart performance for 17 CaratChart (2015)PeakpositionSouth Korean Albums (Gaon)[14]47^ "Seventeen hopes to shine like diamonds with '17 Carat'". The Korea Herald. 26 May 2015. Retrieved 30 November 2016.^ "Adore U". Color Coded Lyrics. 29 May 2015. Retrieved 29 November 2016.^ "Seventeen hopes to shine like diamonds with '17 Carat'". The Korea Herald. 26 May 2015. Retrieved 30 November 2016.^ "Seventeen hopes to shine like diamonds with '17 Carat'". The Korea Herald. 26 May 2015. Retrieved 30 November 2016.^ Cumulative sales of 17 Carat:"2015 Album Chart"."2016 12 Album Chart"."2017 11 Album Chart".^ "2015 Albums". Gaon Music Chart. Korea Music Content Industry Association. Archived from the original on September 10, 2016. Retrieved November 29, 2016.^ "June 27, 2015". Billboard. Retrieved 29 November 2016.^ Benjamin, Jeff; Oak, Jessica (December 12, 2015). "The 10 Best K-Pop Albums of 2015". Billboard. Archived from the original on September 18, 2021. Retrieved October 31, 2021.^ , (18 June 2015). "[My Name] (3) - , , , | ". (in Korean). The Korea Economic Daily. . Retrieved 18 July 2021.^ "SEVENTEEN 1st Mini Album '17 CARAT'".^ " 20230710" [Weekly album ranking as of July 10, 2023]. Oricon News (in Japanese). Archived from the original on July 5, 2023. Retrieved February 18, 2024.^ "2015 27 Album Chart". Gaon Chart (in Korean). Archived from the original on August 7, 2016. Retrieved February 18, 2024.^ "Seventeen Chart History (World Albums)". Billboard. 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Retrieved February 17, 2024.Retrieved from " 3The following pages link to 17 Carat External tools(link counttransclusion countsorted list) See help page for transcluding these entriesShowing 50 items.View (previous 50 | next 50) (20 | 50 | 100 | 250 | 500)Main Page (links | edit)Pledis Entertainment discography (links | edit)List of 2015 albums (links | edit)2015 in South Korean music (links | edit)Seventeen (South Korean band) (links | edit)S.Coups (links | edit)Vernon (rapper) (links | edit)Wonwoo (links | edit)List of awards and nominations received by Seventeen (links | edit)Seventeen discography (links | edit)Love & Letter (links | edit)Joshua (singer) (links | edit)Seventeen TV (links | edit)17 carat (redirect page) (links | edit)Going Seventeen (links | edit)List of Seventeen live performances (links | edit)Teen, Age (links | edit)Al1 (links | edit)Bumzu (links | edit)Boys Be (EP) (links | edit)You Make My Day (links | edit)You Made My Dawn (links | edit)Jun (Chinese entertainer) (links | edit)List of Stray Kids live performances (links | edit)The8 (links | edit)An Ode (links | edit)Seungkwan (links | edit)Fallin' Flower (links | edit)Heng:gar (links | edit)Semicolon (EP) (links | edit)Your Choice (links | edit)Going Seventeen (web series) (links | edit)Not Alone (Seventeen song) (links | edit)Attacca (EP) (links | edit)Rock with You (Seventeen song) (links | edit)Woozi (links | edit)Hoshi (South Korean singer) (links | edit)Don't Wanna Cry (Seventeen song) (links | edit)Darl+ing (links | edit)Face the Sun (links | edit)Left & Right (Seventeen song) (links | edit)24H (EP) (links | edit)We Make You (links | edit)Hot (Seventeen song) (links | edit)Dream (Seventeen EP) (links | edit)BSS (band) (links | edit)FML (EP) (links | edit)Super (Seventeen song) (links | edit)Always Yours (album) (links | edit)Seventeenth Heaven (links | edit)View (previous 50 | next 50) (20 | 50 | 100 | 250 | 500)Retrieved from " WhatLinksHere/17_Carat" Source: Pixabay / No Attribution RequiredThere is no shortage of quotations on how to be happy. I wont list them here, except to note that, some years ago, the Dalai Lama famously said: I believe that the very purpose of life is to be happy. Many people have taken this to mean that the purpose of life is to be gleeful or to live in the perpetual state that is suggested by these common synonyms for the word happy: delighted, thrilled, elated. But in this same quotation, the Dalai Lama went on to say that it is a mistake to place all our hopes for happiness on external development alone. The key is to develop inner peace. That inner peace is what I'm referring to as equanimity.What is equanimity?Equanimity is an even-tempered state of mind that enables you to ride lifes challenges with calmness and serenity, instead of being tossed about like a ship in a storm. Equanimity arises when you feel OK about your life no matter whats happening. That last phrase was easy to write, but it carries a big punch: no matter whats happening. Would that include losing a beloved pet? Yes. Would it include learning that a loved one was diagnosed with a terminal illness? Yes. Learning that youve had a similar diagnosis? Yes. Those examples alone are why I cannot claim to always dwell in equanimity. But I am committed to working on it every day because, when I get a taste of it, I know at the deepest level that this is the inner peace that the Dalai Lama is referring to.The reason that happiness cannot, as the Dalai Lama said, be found in external circumstances is that theres no way around it: Life is a mixture of pleasant and unpleasant experiences, successes and disappointments, good times and sad times. Equanimity is a mental state that enables you to meet lifes unpleasant experiences, disappointments, and sad moments with even-tempered calm instead of with aversion. Aversion takes two forms: passive indifference as in, Who cares? and anger, as in Ive got to get rid of this feeling right now! A few years ago, a close friend of mine died. It hit me hard, even though Id been expecting it for months. One night, so as not to wake my husband, I got out of bed and went into the living room and sobbed for an hour. I felt my sorrow physically, like emptiness in my gut, as if shed been there and had been yanked away. So, how do you find the inner peace of equanimity when youre in the midst of such deep sorrow? You find it by being wholly present for your sadness and grief. For me, this meant not pushing the sorrow away in aversion (that is, in indifference or anger), but instead, acknowledging how painful the loss was and making room for it in my heart. And so, the mental quality of equanimity is that willingness to be present for your experience as it iseven when its not the one youd have ordered up.How to Cultivate Equanimity: Mindfulness and EffortEquanimitythis key to happinessrequires both mindfulness and effort to develop. Im referring to mindfulness in the sense of paying attention to whats going on in your mind (and also in your body because thats where you feel whats going on in your mind). Are you clinging to how you want something to be even though you have no control over it? If so, can you feel the contraction that accompanies that clinginga contraction both in your mind (as rigidness in your thinking) and in your body (as tightened muscles or gut pain, for example)? If you can become aware of how youre clinging to wants and dont wants (as I like to call them) that are out of your control, and if you can then feel the detrimental effects of that clinging on your mind and body, this alone can loosen the grip of clinging and allow you to begin to feel the calm of equanimity. Then you can go a step further by making a gentle effort to let go of clinging to those wants/dont wants that you have no control over, no matter what theyre in relation to. By letting go, I dont mean allowing that inner critic to bark marching orders at you: Let go. Let go. Let go. That never works and only makes you feel like a failure. Im suggesting, instead, that you make an effort to let go of that clinging by reflecting on how fruitless it is and on how it only makes you feel worse. It's fruitless because we control a lot less in this life than we think we do. As I said earlier in this piece, theres no way around it: Life is a mixture of pleasant and unpleasant experiences. This means that were simply not always going to get what we wantand clinging to the thought that we should be able to, makes us feel worse. This worse takes many forms: anger, resentfulness, frustration, even hatred of ourselves or others. Obviously, that is not the path to happinessto that inner peace that the Dalai Lama was referring to. The peace of equanimity comes from making the effort to see life as it issometimes joyful, but often sorrowfuland almost always unpredictable and not within our control. Understanding that these are the very conditions of being alive prepares us for those tough times. It enables us to accept them with calm serenity instead of becoming angry and bitter. The difference between equanimity and passivity or indifferenceSometimes equanimity is mistaken for passivity or indifference, but its not the same. Equanimity calls for engaging with life. Passivity and indifference are forms of giving up. Engagement opens your heart and mind to your life as it is, and that makes it possible for you to take constructive action to make things better for yourself and others. Heres an example. Some years ago, when our dog Scout was a puppy, she broke her right front legbadly. It took two surgeries to set it correctly. When we brought her home from the vet hospital, we were told: Keep her confined to a four by four space for two months. At first, I was anything but equanimous about this! The prospect of confining a puppy in this way for two months was definitely unpleasant as experiences go, but