

Equanimity

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Difficult to curb arisen sensual desires.
Never satisfied, "cool" to be in worldly fires.
Suffering caused by temptations should be a lesson.
But, underneath, "ego" is the real obsession.

How can I be calm midst of all these charms?
Lust, passion, greed, and ego cause no harms.
Mind says this "stuff" is a part of life.
To deny oneself is on-going struggle and strife.
Things are not what they appear to be
Looks good may not be good "stuff" for you.
Meditation, prayer and mindfulness
are divine abidings, my son
With time, sensual desires will be restrained.
Patience and perfect insight won.
The key is "Simran" - and let your mind be trained.
I am but an earthen vessel, Waheguru Ji,
which has been used, and abused in wrong places.
Now longing to serve you, if possible.
Although you have many crystals at your disposal,
Mine broken, repaired, polished with your "Naam"
- it is now calm within and without.

