

List of Figures

The following is a list of figures in numerical order as they appear in the synopsis.

1	The Decoupling Model of Equanimity	6
2	The PROMISE Model of Insight and Equanimity	7
3	The Conceptual Model of Karma Yoga	9
4	Equanimity as one of the Dimensions of Karma Yoga	10
5	Cycle of Judgement	26
6	The Structure and Phases of the Research	40
7	Method of the Construct Definition of <i>Samatva</i> from the Bhagavad Gita	44
8	The Tripartite Conceptualization of <i>Samatva</i> in the Bhagavad Gita	47
9	The Inter-personal Dimension of <i>Samatva</i>	49
10	The Temporality of Sensations and its relation to <i>Samatva</i>	51
11	The Cognitive affective cultivation practices of <i>Samatva</i>	54
12	The Ten Types of Equanimity given by Bhikkhu Buddhaghosa	59
13	The Four Brahma-viharas	60
14	Order of Cultivation of the <i>Brahma viharas</i> in the Theravada Tradition	61
15	Five Practices leading to Equanimity Enlightenment Factor	62
16	The Nine Insight Knowledges	63
17	Contemplative Practice on Three Categories of Individuals	66
18	Contemplations on underlying Similarities in Human Nature	68
19	Key Analytical Contemplations for <i>Upekkha</i>	69
20	Role of Equanimity in the Cultivation of <i>Bodhicitta</i>	71
21	The Distribution of the Experts in the Sample	77
22	Cognitive-Affective-Conative Model of Equanimity	84
23	Pathways for Cultivation of Equanimity for Adults	92
24	Pathways for Cultivation of Equanimity for Children	96

25	Cultivation of Equanimity: Contextual pre-cursors, Challenges and Health Concomitants	100
26	The Gender Distribution of the Participants in the Sample	110
27	The Age Distribution of the Participants in the Sample	111
28	The Education Distribution of the Participants in the Sample	112
29	The Religious Distribution of the Participants in the Sample	112
30	Scree Plot	115
31	The Relation between Age and Equanimity	138
32	The Relation between Level of Education and Equanimity	140