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To quote the great Kadampa master Geshe Langri Thangpa:

In my every action, I will watch my mind,  
And the moment destructive emotions arise,  
I will confront them strongly and avert them,  
Since they will hurt both me and others.

A way to prevent anger, or to counteract it, is to engage in the meditation practice whereby you try to divert or redirect your mind to an object or thought that doesn't cause anger to arise or opposes the mental attitude of anger. And you will notice that with effort, as you manage to settle your mind on that object, the anger will slowly diminish because it simply cannot co-exist with it.

This also shows that the anger is not really in the nature of the mind, because if something is in the nature of the mind, it cannot be separated from the mind. So the fact that there are moments when there is no anger in the mind shows that anger is not embedded in the very nature of the mind. This means that it's possible to overcome anger.

Likewise, in order to overcome any kind of mental affliction, you need to engage in a meditation practice that directly opposes and counteracts the corresponding mental afflictions. This is especially important if one's mind is strongly and overwhelmingly afflicted with certain mental afflictions or afflictive emotions. In that moment, or in that circumstance, it is important to make an effort, with full concentration, to engage in meditation, and to utilise all of one's intelligence to try to direct the mind away from that affliction. In this way, as we do this, we don't always have to fall prey to the mental afflictions; rather we can challenge them and win, and we can be on top of them.

As we always say, meditation practice is not just simply about focusing our mind on a particular object, but it should also help us to develop and enhance our knowledge and a greater sense of discernment. Basically, the term 'meditation' means 'to become familiar with', so when we think about this term in the context of our practice, it means that we aim our practice at familiarising our minds with a positive way of thinking, with a virtuous or a positive object.

This is the opposite to our state of mind which is under the influence of or is overpowered by mental afflictions. So there are tremendous benefits that follow from the practice of meditation. We were just saying how important it is to cultivate a positive state of mind, and then if we manage to protect or safeguard that, it can have great benefit for our entire life.

Whenever we engage in meditation practice we need to remember that the focus of the meditation is really to counteract mental afflictions, because if it doesn't counteract mental afflictions, then the meditation won't have much lasting benefit. So with this in mind, we can now do a short breathing meditation.

There are many people who have greatly benefitted from meditation practice, and some of those people are here. So people who get benefit from meditation don't necessarily have to be great meditators, but just ordinary

people who study meditation over a number of years, and integrate it into their lives.

There are many instances where people are afflicted with a serious physical illness, but they remain calm and even able to say they are happy and everything is OK despite their health conditions, because of integrating meditation into their lives. In fact, I was surprised to hear from some people I know, who are undergoing serious health problems, that they are very peaceful and happy inside their mind. These kinds of life stories should inspire us to do the practice more.

Now we will begin a short breathing meditation. So please sit in a comfortable posture, place your hands with the right over the left below the navel in a meditation posture, and then as much as possible try to gently calm the mind so that your mind is fully drawn inside, and try to get rid of all the thoughts of any external objects, especially try to overcome the influence of any mental afflictions.

Here, the object of meditation is the inhaling and exhaling of the breath. So after getting rid of all the distracting thoughts, we should rest or sit the mind on inhaling and exhaling. Just as our physical body touches certain objects so it can't move, it is also like that with your mind; when we fix our mind on the breathing, just stay there on the inhaling and exhaling of the breath without being distracted by any other objects.

*[Meditation]*

Now just make sure that you hold your mind inward and we will chant the Buddha's mantra. With the chanting, you direct your mental focus onto the sound of the mantra, rather than being distracted by any other object.

*TAYATHA OM MUNI MUNI MAHA MUNAYE SOHA*

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