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compassion towards others, trying to live our life peacefully, with fewer mental delusions, and enjoying harmonious relationships with others.

On the other hand, you must see the disadvantages of showing anger and hatred, and cultivating a negative attitude towards others. From our experience we know that, when anger takes over our mind, we lose our peace and self-control. And if you ask anyone else - whether a follower of spiritual teachings or not - they all know that anger is a bad thing. After considering the difference between love and compassion, and anger and hatred, which attitude should we adopt in order to make good progress in our meditation?

Geshe-la said that two days ago in Landcox Park he observed a lady feeding all the birds, including many ducks. As she was feeding the birds, they came very close to her to eat and were calm and completely relaxed. You could see that the birds and the person feeding them were all in a very peaceful state. After she finished feeding and was leaving, the birds even tried to follow her. Here you could observe the effect of showing love and compassion towards others, in terms of promoting peace and happiness among other beings.

So with this we finish the talk. As usual, we will chant the Buddha's mantra. Once again, sit in meditation posture, relaxing the mind and the body, and focus the mind on the sound of the mantra.

*TAYATHA OM MUNI MUNI MAHA MUNAYE SOHA*

*Transcribed from the tapes by Jenny Brooks  
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