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workmates. When living with others, the best attitude to show the other person is one of care and concern, while reducing our own self-importance. If we don't reduce our selfish mind, our actions will seem uncaring and inconsiderate. People, of course, don't like this and this is one of the main reasons why one partner decides to break off a relationship. When someone just cares about themselves, they can't be trusted. Relationship break-ups cause misery and sorrow in our lives. We have to realise that, for the sake of our own future, we can't just always think of ourselves but need to think about other people's needs and win their trust by showing genuine care in our thoughts and actions. For example, you can open your mind and put aside your own needs in order to help someone else in their time of need. They will then realise that you care.

Many problems won't arise if we have a less selfish mind. When we get upset very quickly for minor reasons with a partner or friend, this is a sign of a strong selfish mind. For example, if we get upset when a close friend uses an object we regard as our personal possession, this is a sign of a selfish mind. When we get upset quickly for minor reasons, we can also feel ourselves become proud and arrogant if we think we are in the right. The selfish mind affects both our mental attitudes and our physical actions. When we are motivated or influenced by a selfish mind, we become unpleasant to others. Our speech and even our facial expressions become unpleasant. The selfish mind destroys our whole outlook and personality. As we don't really want to appear selfish, arrogant, short-tempered and uncaring, then we have to change. We replace the self-cherishing mind with a mind that cherishes others and considers their needs. And out of this positive speech and actions will follow.

Wherever we are, whatever we are doing or saying, if we make sure that our motivation considers other people's needs, then our actions will be true spiritual actions. Others will then naturally regard us as good, reliable people with a friendly nature.

Geshe Doga was once travelling by bus from Kathmandu to the great Stupa in Boudanath. There was a woman in the bus sitting next to him with a load of goods. She told him her purse was missing. There was a lot of money in the purse, but what impressed Geshe Doga was that she didn't seem upset or worried. She told Geshe Doga that she hoped the thief would benefit from the money. This woman had a different mental attitude, regardless of whether she was a spiritual practitioner or not; she knew that the money would benefit others just as it had would have benefited herself. With this sort of consideration of others, we can tolerate loss in our own lives and prevent such adverse situations from bringing unease and unhappiness in our minds.

We finish the teaching here. We will now chant the Buddha's mantra. As before, just relax the mind and body and remove all distracting thoughts. As we chant the mantra, just focus the mind on the mantra.