

R E C O V E R Y

An Exercise in Anger Management

By Geshe Kalsang Damdul and
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Northwest Tibetan Cultural Association

Geshe Damdul: When we see some kind of violence, we identify it as a negative emotion. If we are able to separate from the influence of negative emotions, then we can change our attitudes towards that person. It takes time because we need to understand how negative emotions over control us. We need to go to the root cause.

Donna: In our society, we get caught in the mind set that the faster we go the more successful we are. The more money we make, the happier we will become. This kind of thinking keeps the mind spinning which produces a cauldron like effect of inner conflict, obstruction, oppression, exhaustion, and unhappiness.

So in order to get to the root for healing to take place we need to see the cause and effect of how stress and negative emotion harm us. When I

observe myself, one of the first things which happens in stressful situations is my breath is diminished as well as the physiology of my body through the loss of energy, constriction, tightness of muscles, ligaments, increased heart rate, and exhaustion. In the law of cause and effect, what goes out returns. In other words, anger becomes a partner in crime inward to myself and outward toward others. So if I speak out of anger, the repercussions echo in all directions affecting others and returning back its ferocity many times greater than the original attack. In your opinion, how can we get to the root to undo old destructive behavior and reconnect in a healthier way?

Geshe Damdul: One of the most helpful ways to tame negative emotions is to meditate on the breath and the mind in order to help calm down. First you observe your breathing and then try to settle down and relax yourself. When you reach a relaxed state, you abide in it. You try to withdraw from your five senses and just let the natural,

emotional state arise. And then you reach a point that is like a clear serenity. This is a very natural state of mind. This helps to overcome all kinds of delusions, especially anger.

Donna: Have you ever watched the daily activities of animals? They rest, play, rest, eat, rest, go to the bathroom, play, and go to sleep. Animals are so in tune with the nature of meditation. The universe is asking us to awaken to the natural way of being. Deep inside we know this state. So to meditate is to relearn the natural way to re-balance ourselves.

Geshe Damdul: Meditation helps to let go of tension, to not be attached to it. When a negative thought or emotion arises, let it pass and the tensions leave with it. You can recognize the tension and through feeling, let it go. Meditation will help see the potential of becoming compassionate, enlightened beings.

Donna: When the

breath becomes stabilized in meditation, the mind becomes balanced and the mind-body together resonate in peace. The energy of the mind-body-spirit is harmonious. As the branches of a tree rest in peaceful solitude so do its roots ground it. Meditation much like the tree of nature, balances the mind and grounds the body helping it to remember its peaceful state. The root of all which drives the body. To find a means to quiet the mind will help the body remember its natural state which is peace.

Just look into Buddah's face which holds the expression of deep peace. It makes me feel good just to look at his calmness and he found it simply by

connecting to the nature within himself through meditation. As Geshe Damdul said, "If we are able to separate from the influence of negative emotions, then we can change our attitudes' and learn to live harmoniously with ourselves and others. Try it and you will be surprised how peaceful it is inside. In silence, you'll find the way...sh-h.

The Venerable Geshe Kalsang Damdul will be speaking on Friday, July 30 and Saturday, July 31 at the First United Methodist Church. This will be his final appearance before returning to India. The events will be from 8 AM until 4 PM and are free to all. To register, call 503/657-5838 or 360/604-7965.



The Venerable Geshe Kalsang Damdul has received many tantric teachings and initiations from the Dalai Lama. He will be giving his last talk on July 30th and 31st in Portland before leaving for India.

KENNEDY SCHOOL
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SUMMER EVENTS

Flatlands

Thursday, July 15

Theresa Demerest & Good Company

Thursday, July 22

Songwriters in the Round with Craig Carothers

Sunday, July 25 at 7:30pm · \$7.00 admission

The Jack McMahan Band

Thursday, July 29

The Jessie Samsel Band

Thursday, August 5 at 7pm

Retta & the Smart Fellas

Thursday, August 12

UNCF Fundraiser with Tom Grant

Tuesday, August 17

I & I

Thursday, August 19



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