MASTERING ANGER
Chanting from the Heart,
Thich Nhat Hanh
Parallax 2023

I bow my head and touch the Earth
before the highest charioteer who trains humankind.
Stretch out your arms of compassion;
bring us to the shore of peace and solidity.
For so long, confusion has inhabited us
so that we have not had the chance to learn,
and we have often acted foolishly,
allowed seeds of anger and violence
to be watered in our deep consciousness.

Whenever seeds of irritation or fury
arise and operate in my mind,
they always cause wounds and resentment
in myself and in so many others.

Listening to Avalokita's teaching,
I begin right now with a deep aspiration:
Whenever anger arises,
I shall comne back to myself,
taking refuge in my mindful breathing and steps
so as to look after and embrace,
to protect and recognize
the painful mental formations in me.

I shall remember to look deeply
to see the true nature and source of hatred and anger.
Heeding the Buddha's teachings,
I shall know how to guard my mind.
When anger arises in me
I shall not do or say anything
until I have mastered it.
I shall look deeply to see
the real nature of my pain.

The seed of ignorance
is the cause of my suffering,
and the reason why the seed of anger in me has grown so strong.
The person who makes me angry
has so much suffering himself, herself.

Such a person has had no chance to learn how to protect,
to corne home to himself or herself to take care
and to transform the deep-seated habit energies within.

Contemplating in this way,
I will be able to bring about understanding and acceptance,
and help the other person
to practice and to transform the suffering within him or her.

The Blessed One has said,
When we are capable of conquering our anger,
we bring a double victory to ourself and to the other person.

I want to practice with all my heart
in order to respond to the Great Grâce.
May the Three Jewels give me energy and blessing
so that we can reach promptly the shore of peace and happiness.

[BELL, BELL]