

Mastering Our Anger

We bow to you, dear Buddha,
conqueror of afflictions.

We ask you to extend your arms to us
and lead us to the shore of peace and stability.

Having lived in ignorance for a long time
and not having had the chance to know the Way,
we have often been unskillful,
allowing the seeds of anger and violence
to be watered every day
in the depths of our consciousness.

Whenever seeds of suffering, irritation,
and anger manifest,
they cause wounds and pain
to ourselves and to so many others.

Following your teachings,
dear Buddha, Compassionate Lord,
we make a promise to you, beginning today,
to protect ourselves whenever anger arises in us,

by returning to our mindful breathing
and to walking meditation,
in order to recognize, embrace, and care for
these mental formations that make us suffer.

We will remember to practice deep looking
so as to see the nature and the roots of our anger.

We will follow your instructions, dear Lord Buddha,
to learn how to protect our mind.

We are determined to say nothing
and to do nothing
until we have regained mastery over our anger.

We will meditate
to identify the true causes
of our pain and suffering.

If we continue to suffer,
it is because the seeds of ignorance and anger within us
are still too strong.

The person who makes us angry
is also suffering deeply.
They have not known how to return to themselves to protect themselves
or to transform their deep negative habits.

By looking deeply in this way,
we give rise within ourselves
to understanding and acceptance.
And we can help the other person
transform the suffering in their heart.

Dear Lord Buddha,
you often teach that mastering anger
is a great victory for all.

We aspire to practice with all our heart
so as to be worthy of this great grace.

May the compassion of the Three Jewels
embrace and support us.
May we quickly reach the shore
of peace and happiness.