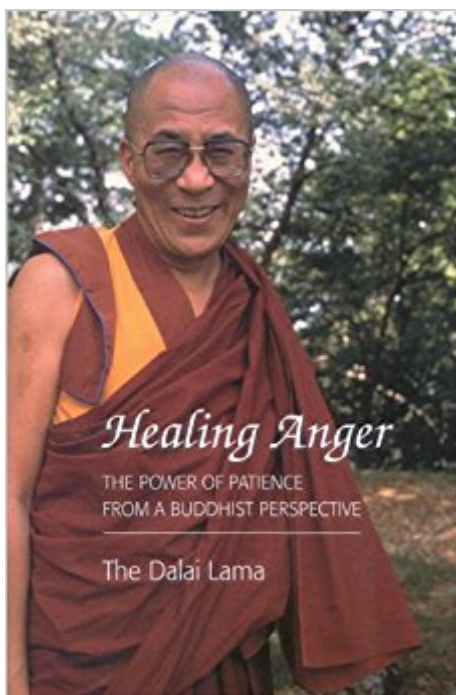


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# Healing Anger: The Power Of Patience From A Buddhist Perspective



## Synopsis

All the world's major religions emphasize the importance of the practice of love, compassion, and tolerance. This is particularly true in the Buddhist traditions, which unanimously state that compassion and love are the foundation of all paths of practice. To cultivate the potential for compassion and love inherent within us, it is crucial to counteract their opposing forces of anger and hatred. In this book, the Dalai Lama shows how through the practice of patience and tolerance we can overcome the obstacles of anger and hatred. He bases his discussion on *A Guide to the Bodhisattva Way of Life*, the classic work on the activities of Bodhisattvas—those who aspire to attain full enlightenment in order to benefit all beings.

## Book Information

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## Customer Reviews

By exegeting the 8th century C.E. "Bodhisattvacharyavatara," His Holiness the 14th Dalai Lama demonstrates the powers of acceptance and tolerance to overcome such negative emotions as anger, resentment and jealousy. This is not another one of those awful "self-help" books. Rather, His Holiness presents a cogent discussion about the self-destructive qualities of anger, etc..., and appeals to our intellect to refrain from those emotions. His Holiness' line of reasoning seems self-evident and simplistic until one observes normal, unpleasant, self-defeating human behavior in a typical traffic jam or family argument. If you sometimes get unexpectedly caught in your anger, or other negative emotions, read this book. It might just be the tonic that will help to heal your spirit.

I have read several of the Dalai Lama's books and have grown more fond of him with each book. In

this book, His Holiness attempts to address the issue of anger. His main argument is based in the fact that anger can be remedied through patience. I find this to be true as anger is often rooted in impatience. The book sites Buddhist scripture to explain the reasoning behind the argument. In addition, His Holiness presents meditation sessions in the book. Even for those who are inexperienced in the meditation practices, the suggestions make the practice easy and practical. The meditation practices did help me address some of the anger in my life. As the Dalai Lama suggests, anger will not disappear. It takes time to work through anger. Anger is a powerful and destructive emotion. It is worth learning to control anger. The only problem I have found in this book is that it tends to be a little hard to follow if you are unfamiliar with Buddhist scripture. The dialogue can also seem very long and drawn out at times. Overall, this book can be beneficial to those who seek its wisdom.

This book is essential reading for those like myself who have difficulty restraining their anger. Reading this book has allowed me to understand the causes that lead to anger and ultimately, to suffering. At its deepest level, *Healing Anger* is about how to get oneself on the road to the cessation from suffering by changing one's outlook on the world and on oneself.

This book and "The Art of Happiness" have pretty much the same content, so don't buy both. "Healing Anger" is organized in the form of eight talks and question-and-answer sessions over a four day period, whereas "The Art of Happiness" is organized topically. For this reason "The Art of Happiness" may be easier to use if you are interested in exploring particular topics. The downside of "The Art of Happiness" for me was Howard Cutler. I found his additions to what the Dalai Lama has to say didn't bring much value. What I was looking for in both books was mental exercises, and these are found in "Healing Anger" in each of the eight sessions in between the talk and the Q&A, so these are easier to find in "Healing Anger". I was a bit disappointed that neither book contained detailed treatments of some of the exercises referred to, such as the "seven-point cause and effect" and "equalization and exchange". These can be found on the internet by googling "Developing the Mind of Great Capacity (Shambhala Sun)".

As the President of Arizona Teachings (ATI), which hosted and sponsored these teachings on patience in 1993 in Tucson, Arizona, it may be said that I am not completely objective about the contents of the book. With that caveat in mind I still feel comfortable in saying that His Holiness' teachings on patience, tolerance and anger are brilliantly done. The depth of knowledge of and

compassion towards the subject make these teachings an indispensable tool for the serious student and those who wish to move deeply into their own self-awareness and investigation of their shadows.

First, I'll say that I really enjoyed this book, and it was very helpful as I tackled anger around various issues I was dealing with (hence the 5 stars). One word of "caution", though, is that if you are used to many of the Dalai Lama's other books, you are probably used to the very conversational, almost simplistic, descriptions he gives of the subject matter, which makes those books very accessible and, I think, very effective at exposing a broader audience to Buddhist ideas. This book is not like those, and in this you can really get a glimpse of the theological scholar side of the Dalai Lama. The text is fairly dense, and somewhat difficult to understand unless you have a pretty good understanding of Buddhist principles. I had to go brush up on those and come back to this book to really get through it. If you've only read *The Art of Happiness* or *How to See Yourself as You Really Are* then this may be a bit overwhelming and frustrating. To get up to speed, I'd recommend *Buddhism for Beginners* followed by *The Heart of the Buddha's Teaching: Transforming Suffering into Peace, Joy, and Liberation*.

This book is a recording of one of the Dalai Lama's seminars in the US. Looks hard to read at first, but the concepts are fascinating. The Q&A sections reveal a lot of the more dogmatic views of Tibetan Buddhism. The premise is simple, anger is an unnecessary cause of suffering. A lot of good advice, especially for Westerners attempting to convert to Buddhism or considering the path of the Bodhisattva. When you think about these things it can really make a difference. Stick with it. It's worth reading!

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