

Meditation 25

Exploring the Nature of Anger

It's good to do this as a formal practice, because, at first, it's hard to do informally. Always start with bodhicitta. Then, when you're alone, think of something that makes you furious or made you furious in the past. Think about this to the point where your blood is boiling, your face is red, and your heart's pounding. Then try to find the anger. Really explore. If and when you have the experience of not finding it, stop trying, and rest the mind there.

As soon as your mind starts up again, think of another thing that makes your blood boil, and try to find that anger. If you can't find it, let go of trying and let the mind rest. Go back and forth between trying to find the anger and relaxing.

There's ultimately no thing there called anger, even though there's the appearance of anger. When you find no thing in the midst of the appearance—a glimpse of the illusory nature of your anger—that's wisdom. Rest the mind there and then dedicate the merit.