

Questions for Reflection/Journaling

Fourth Talk: Patience: Radiant Presence

Here are some things to think about and write about during the week:

1) First: Dedicate, I was going to say "one day" and then I decided "one morning" and then I decided "one hour" to noticing each occasion that requires patience. I believe you will be surprised at their quantity, one right after another.

2) Second: **When somebody is angry, that is your CHANCE to be patient. You could breathe in the anger, and not only that, you could project goodness.** Thinking of using someone else's anger at you as an opportunity is certainly different. Try it and see what happens.

3) Third: About aggression Rinpoche says, "If you give in to the person they no longer have a reference point for their aggression . . . If they think they are punching solid rock they become more aggressive, but if they find that the rock is a pile of balloons, they begin to feel their anger is absurd." If you find that you simply cannot give in, study yourself closely and determine the obstacle. It could be pride or a need always to be right. Study yourself and make sure. Without this information you will not be able to change for the better.

4) Fourth: **The most important thing is not what happens to us but how we work with what happens to us.** The next time you are angry, take the

opportunity to examine how it arose, how it worked itself out and how you felt afterwards. Be super analytical for now.

5) Firth: **Patience is working on me; not me on it.** What do you think Shantideva meant when he said this?

6) Sixth: Is there a difference in the patience required in the story of Rahula versus in the story of Cudapanthaka? If there is a difference, how would you describe it?

