



Resources for Loving Anger

Sacramento Insight Meditation

February 14, 2019

Having slain what does one sleep soundly?
Having slain what does one not sorrow?
What is the one thing, O Gotama,
whose killing you approve?

Having slain anger, one sleeps soundly;
having slain anger, one does not sorrow.
The killing of anger, O Sakka,
with its poisoned root and honeyed tip:
this is the killing the noble ones praise,
for having slain that, one does not sorrow.

(Samyutta Nikaya 11:21)

“The Buddha’s Teachings on Social and Communal Harmony” Chapter III, Dealing with Anger, pages 47-68, edited and introduced by Bhikkhu Bodhi, Wisdom Publications, 2016.

“Among the mental defilements disruptive to social harmony, probably the most pernicious is anger.” “The establishment of communal harmony requires that the members of the community strive to overcome anger.” “Underlying the multiplicity of techniques to be deployed against anger stands one cardinal virtue, patience (*khanti*), which the Buddha calls the supreme austerity. Patience is both the means for curing the mind of anger and the quality that prevails when anger has finally been subdued.”

“Anger: Wisdom for Cooling the Flames” by Thich Nhat Hanh, Riverhead Books, 2001.

“The first function of mindfulness is to recognize, not to fight. ‘Breathing in, I know that anger has manifested in me. Hello, my little anger.’ And breathing out, ‘I will take good care of you.’ Once we have recognized our anger, we embrace it. This is the second function of mindfulness.”

“Mindfulness: A Practical Guide to Awakening” by Joseph Goldstein, Chapter 16, Aversion, pages 131-139, Sounds True, 2013.



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“Although in English, we usually reserve the word hatred for an intense hostility or extreme dislike, there can be an insightful and perhaps not obvious understanding of the mind when we consider that even the milder forms of aversion we’re more familiar with are deeply rooted in the more powerful underground force of hatred. We can see the force of this mind state when it erupts in times of war; in racial, ethnic, or gender violence; or in intense interpersonal conflicts.”

“Working with Anger” Adapted from a talk by Gil Fronsdal, July 1, 2001, available at: <https://www.insightmeditationcenter.org/books-articles/articles/working-with-anger/>

“Anger is always a signal. Mindfulness helps reveal what it signals. Sometimes it is a signal that something in the external world needs to be addressed. Sometimes it is a signal that something is off internally. If nothing else, anger is a signal that someone is suffering. Probably it is you. Sit still in the midst of your anger and find your freedom.”

“Your Liberation is on the Line” by angel Kyodo williams, Buddhadharma, Spring 2019

“The only way I can sit here and not be absolutely furious, livid with every man, every white body, every straight body, is because of my path. Even when I want to be mad or hating on folks because they represent dominant paradigms, I cannot, because liberation wants nothing else but liberation for all. That’s the only reason I can speak from this place – because one day I woke up and much to my chagrin, I loved the very same people who would rather see my body lying in the street. I loved the very same people who would ignore me in my dharma center. I loved the very same people who would make me invisible. I didn’t say I liked them! But I do love them. This is not the path of ‘Everything is going to be neat.’ This is not the path of ‘All the answers are going to make you feel good.’ This is a path of complexity. And that love is not an easy burden.”

One who repays an angry man with anger
thereby makes things worse for himself.
Not repaying an angry man with anger,
one wins a battle hard to win.

(Samyutta Nikaya 11:4)

