

# *~ Three Ways of Relating to Emotions ~*

## *Transforming*

By Mingyur Rinpoche

The second way to deal with emotions is what we call, "transforming." You transform the emotion.

How to transform it? For example, if hatred comes, if panic comes, jealousy, or stress, you use stress as support for meditation. For example, when you meditate, you are being aware of the breath, right? You are breathing in and breathing out, and the breath becomes a support for your meditation. Now, instead of using the breath, you can use hatred. When you hate, you get this feeling of tightness here (Mingyur Rinpoche points towards his chest and belly) with all these sensations. Watch these sensations. There are images, automatic voices, and all these things. Then, the hatred becomes pieces and you cannot really pinpoint it, but you are just accepting the hatred, and then you transform it into meditation. That is one way of transforming.

The second way is to transform it into love and compassion. Let us say you have this hatred and you understand, "OK. I have this hatred, and whoever else is having this hatred are not happy." You feel empathy and sympathy. Then you take - what we call, "taking and sending practice" - all beings' hatred into your hatred and think, "May my hatred become a representation for all beings' hatred. How nice!" Then hatred transforms into love and compassion. So something like that.

This you can apply with hatred, apply with panic - I did that when I was young - anger, jealousy, stress, depression, low self-esteem,

worries, physical sickness, or anything else. You can transform any problem.

If you feel happy or have done virtuous things, you can give away all these things. Give all your virtue to others and take their negative emotions into your negative emotions. This is the taking and sending practice. In this way, you can transform emotions into awareness, and transform emotions into loving-kindness and compassion.