

~ Three Ways of Relating to Emotions ~

Seeing Their Nature

By Mingyur Rinpoche

Number three is what we call, “seeing the nature of emotions.” Let us use panic. When you look at panic, panic becomes pieces. You have the sensation, image, belief, voice, it becomes pieces and these are impermanent. The panic is changing and changing. It is multiple and it consists of many different pieces. It is interdependent, your panic has causes and conditions, there are so many things, the physical body and all these come together. When you look more and more into that you will find those things. If you look more and deeply enough, in the end, panic loses meaning, hatred loses meaning. This is what we call, “emptiness.” Your mind is completely beyond concepts. Your mind cannot identify with the emotion. There is awareness. Then you rest.

With this kind of practice, there are normally two kinds of practice. One is with emptiness - what I just mentioned to you is the emptiness practice. In the end, your mind sees emptiness, your mind has the experience of emptiness and you rest in that emptiness. After some time you will forget and the emotion will come back again. Then watch it again.

The second one is normally what we call, “nature of mind practice.” If you receive nature of mind teachings and you recognize the nature of mind, then you do not have to even watch the emotion. The nature of the emotion is wisdom. The nature of the emotion is pure awareness. You rest in that pure awareness and then the emotion loses power. That is what we call, “self-transformation,” or sometimes what we call, “self-liberation.”

Thank you!