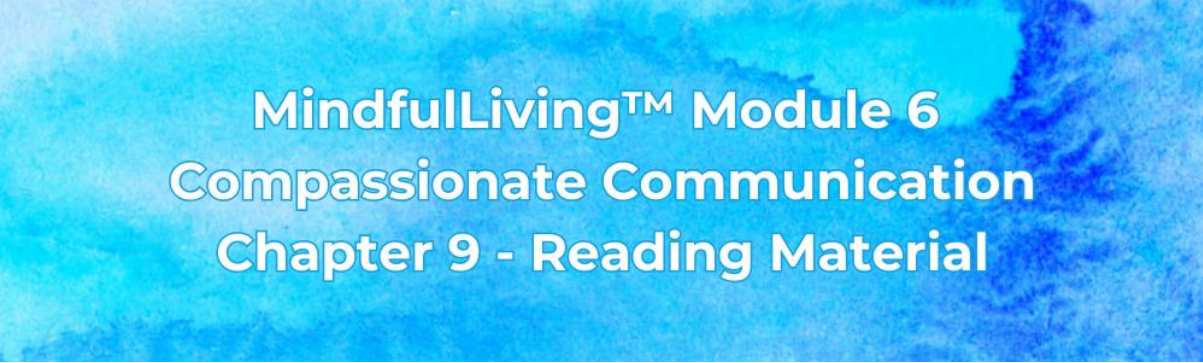




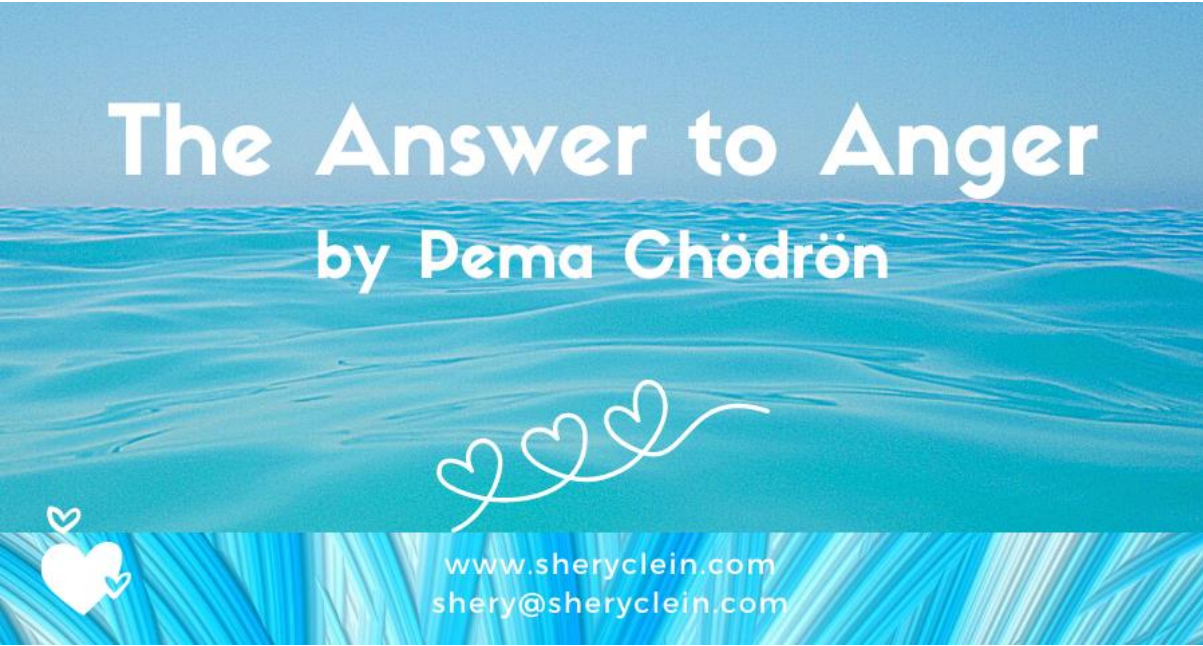
MindfulLiving™ Module 6

Compassionate Communication

Chapter 9 - Reading Material

Introduction

To make engaging with this module easier, we have listed the key points and provided practical steps, reflection prompts, and other helpful resources right at the beginning. This way, you can focus on understanding and applying the core concepts without reading through the detailed article immediately. The detailed article is available at the end for further exploration if you wish to deepen your understanding. We encourage you to start with the key points and practical exercises and use the article as a supplementary resource to enrich your learning.



The Answer to Anger

by Pema Chödrön



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Practical Steps & Worksheets

1. The Nature of Patience

- Patience involves enduring confusion and pain without escalation.
- It requires a quality of honesty and fearlessness.
- Practice patience to understand and contain anger without acting out.

2. The Challenge of Resolving Emotional Energy

- Emotional resolution is a misunderstanding; seeking solid resolution often increases suffering.
- True peace comes from sitting with the energy of emotions as they rise and pass away.
- Patience involves accepting the inherent lack of resolution and learning to be at peace.

3. Exploring Choices in the Face of Pain

- Pain reveals attachments; the choice is to hold on or let go.
- Letting go connects with the softness behind hardness while holding on increases suffering.
- Patience is needed to explore and release attachments gradually.

4. Patience with Imperfection and Self-Compassion

- It's crucial to be patient with oneself for past behaviours and imperfections.
- Reviewing daily efforts with kindness rather than self-criticism.
- Patience involves accepting that you may never fully "get it right" but continuing to try.

5. Patience in Both Pain and Pleasure

- Apply patience not just in challenging times but also in moments of happiness and success.
- Avoid impulsive actions and reactions and instead engage thoughtfully.

6. The Role of Patience in Personal Growth

- Developing patience is critical to fostering self-compassion and kindness.
- Continuous practice of patience helps one appreciate bravery in oneself and others.
- Embracing patience can lead to personal and spiritual growth, as Pema Chödrön emphasises.



Reflection & Application

1. Reflecting on Patience in Your Life:

- **Consider Moments of Confusion and Pain:** Think about recent instances where you experienced confusion or pain. How did you react? Were you able to practice patience, or did you find yourself escalating the situation? Reflect on how patience might have changed your response.
- **Explore Emotional Energy:** Reflect on situations where you sought a resolution for emotional energy. Did the resolution bring lasting peace or lead to more suffering? Consider how you might practice sitting with emotions rather than seeking immediate resolution.

2. Identifying Attachments:

- **Examine Sources of Pain:** Identify any attachments or beliefs contributing to your pain. How do these attachments affect your emotional state? Reflect on whether you are holding on to these attachments or ready to let go.
- **Practice Letting Go:** In your daily life, find small opportunities to practice letting go of minor attachments. Notice how releasing these small attachments affects your sense of peace and connection with your inner softness.

3. Embracing Imperfection:

- **Assess Self-Compassion:** Reflect on your approach to self-compassion. How do you react to your own mistakes or imperfections? Practice reviewing your actions with kindness and avoid self-criticism.
- **Set Realistic Expectations:** Evaluate your expectations for yourself. Are they setting you up for frustration or self-judgment? Consider adjusting your standards to be more in line with patience and self-compassion.

4. Applying Patience in Both Pain and Pleasure:

- **Practice Mindful Engagement:** Notice your reactions during both challenging and pleasant moments. How can you apply patience to avoid impulsive actions and instead engage more thoughtfully?
- **Document Your Experiences:** Keep a journal of moments where you practised patience and those where you didn't. Reflect on the differences in outcomes and how patience affected your experiences.

5. Fostering Growth Through Patience:

- **Recognise Growth Opportunities:** Identify areas where patience can lead to personal or spiritual growth. How does practising patience help you appreciate bravery in yourself and others?
- **Commit to Continuous Practice:** Set a personal goal to incorporate patience into your daily routine. Reflect on how this practice contributes to your overall well-being and growth.

The Answer to Anger

by Pema Chödrön



Closing & Encouragement

As we wrap up this exploration of patience, I encourage you to reflect on the insights and practices we've discussed. Developing patience is a journey that requires both commitment and compassion toward yourself. Remember, it's not about achieving perfection but growing and evolving through each experience.

Embrace the process with an open heart, knowing that each step you take is a valuable part of your personal growth, no matter how small. Be patient with yourself as you navigate challenges and celebrate your progress, however incremental it may seem. Every effort counts, and every moment of patience contributes to a deeper understanding of yourself and a greater sense of peace.

Keep in mind that you are not alone on this path. Reach out if you need support or guidance, and know that there is always space for you to reflect and grow. Continue approaching your journey with curiosity and kindness, and trust that your commitment to patience will enrich your life and those around you.



Thank You Message

Thank you for taking the time to engage with this material and explore the profound practice of patience. Your commitment to developing patience and self-awareness is a testament to your dedication to personal growth.

It has been a pleasure guiding you through these insights, and I am excited for you to apply what you've learned in your journey towards greater self-compassion and understanding. Remember, the path to mindfulness is a continual process, and each step you take brings you closer to a more balanced and fulfilling life.

If you have any questions or need further support, please don't hesitate to let me know. I am here to assist you on this journey and look forward to hearing about your progress.

With heartfelt thanks,
Shery Clein
MindfulLiving™ Coach
Advocating Awareness Intelligence



The Answer to Anger & Aggression is Patience by Pema Chödrön

1: Introduction to Patience and Aggression

- **Introduction**
 - Suppression vs. Acting Out
 - The Role of Patience
- **Understanding Patience**
 - Patience as an Antidote
 - Personal Discovery

2: The Nature of Patience

- **Patience Defined**
 - Patience and Suffering
 - De-escalation
- **Practical Insights**
 - **The Pull of Aggression**
 - **Learning Patience**

3: Practicing Patience

- **Experiencing Anger**
 - Investigating Anger
 - Avoiding Immediate Resolution
- **Steps to Patience**
 - Patience as a Practice
 - Tools and Techniques

4: The Impact of Patience

- **Personal Growth**
 - Effects on Self
 - Effects on Others
- **Challenges and Successes**
 - Overcoming Obstacles
 - Celebrating Progress

5: Conclusion and Reflection

- **Summary of Key Points**
 - Recap of Patience Benefits
 - Encouragement to Continue
- **Further Exploration**
 - Additional Resources
 - Final Thoughts

Introduction to Patience as a Response to Anger and Aggression

- **Patience as an Antidote:**
 - Explanation of how patience can counteract anger and aggression.
 - Observations on standard practices and advice regarding anger management.
- **Personal Discovery of Patience:**
 - The author's experience with learning about patience.
 - Insights gained about what patience is and isn't.
- **Understanding Aggression and Patience:**
 - The concept of aggression is synonymous with pain.
 - The natural inclination to seek resolution and the escalation of suffering.
- **Practical Application of Patience:**
 - Examples of how reacting in anger creates more aggression and pain.
 - A personal anecdote illustrating the impact of not practising patience.

Patience and Self-Honesty

- **Understanding Patience:**
 - The role of patience is to be honest about one's anger without suppression.
 - The importance of not feeding into discursive thoughts and internal dialogues.
- **Navigating Confusion and Pain:**
 - The experience of patience amidst confusion and emotional pain.
 - Patience is needed to prevent escalation and allow space for others.

Fearlessness and Courage in Patience

- **Cultivating Fearlessness:**
 - Practising patience requires courage and helps recognise the nature of anger.
 - We are observing anger without acting on it and understanding its consequences.
- **Facing Discomfort:**
 - The analogy of sitting on a wild animal to describe enduring discomfort.
 - The challenge of being patient with intense emotions.

The Illusion of Resolution

- **Misunderstanding of Resolution:**
 - The typical human desire for resolution and how it often leads to more suffering.
 - Learning that actual resolution is illusory and temporary.
- **Embracing Impermanence:**
 - The insight that joy and peace come from accepting the lack of permanent resolution.
 - The practice of patience is a way to coexist with the natural flow of emotional energy.

Embracing the Fluidity of Energy

- **Understanding Energy Dynamics:**
 - Happiness and peace come from being patient with the transient nature of emotional energy.
 - The importance of sitting with moodiness and allowing energy to rise, dwell, and pass away.
- **Discovering Inherent Softness:**
 - Finding the softness of the genuine heart through patience.
 - Avoiding self-criticism and embracing the human experience of navigating emotions.

The Transformative Power of Patience

- **Changing Fundamental Habits:**
 - How patience transforms the habit of seeking solid resolution by categorising experiences as right or wrong.
 - We are developing courage and gaining deeper insights into life through patience.
- **Patience and Curiosity:**
 - The relationship between patience and curiosity in self-discovery.
 - The role of investigation and introspection in understanding one's nature.

The Impact of Aggression on Inquiry

- **Aggression and Fixed Patterns:**
 - How aggression hinders curiosity and seeks rigid resolutions.
 - The effect of aggression on one's ability to explore more profound truths.
- **Pain and Attachment:**
 - Recognising that pain is often linked to attachment and what we hold onto.
 - Exploring the Buddha's teaching on suffering and attachment.

The Choice in the Face of Pain

- **Choosing to Let Go:**

- The repeated choice between holding on and letting go in the face of pain.
- Connecting with the softness behind hardness and the ongoing opportunity for spiritual growth.

The Challenge of Letting Go

- **Softness Behind Hardness:**

- The transition from initial softness to hardening in response to hurt feelings.
- The choice is between connecting with softness or continuing to hold onto suffering.

- **Patience and Investigation:**

- The necessity of patience to explore and investigate emotional attachments.
- Overcoming the fear of letting go and the discomfort associated with it.

Advice for Letting Go

- **Practical Guidance:**

- Trungpa Rinpoche advises practising with more minor issues before tackling larger ones.
- Gaining a sense of relief and connection through the gradual practice of letting go.

- **Understanding the Stakes:**

- Recognising that holding on affects your sense of identity and the move toward egolessness.
- The importance of patience in dealing with the challenge of letting go and its impact on self-perception.

Patience as a Source of Wisdom

- **Gradual Release:**

- Applying patience to the process of letting go at a manageable pace.
- The role of patience in allowing wisdom to guide the emotional release process.

- **Humour and Playfulness:**

- Embracing patience is a practice with humour and playfulness rather than mere endurance.
- I am distinguishing between endurance as repression and patience as a supportive practice.

Embracing Self-Acceptance

- **Avoiding Self-Criticism:**

- Be patient with yourself and avoid self-criticism for not letting go immediately.
- I am accepting the gradual nature of emotional release and personal growth.

Patience and Loving-Kindness

- **Developing Patience for Imperfections:**

- Embracing patience is a form of loving-kindness towards oneself and one's imperfections.
- "Lower your standards and relax as it is" is a practical approach to patience.

Patience in All Situations

- **Patience in Both Pain and Pleasure:**

- Following Atisha's slogan: "Whichever of the two occurs, be patient."
- The importance of maintaining patience regardless of the situation—painful or pleasant.

The Choice Behind Pain

- **Understanding the Choice:**

- The crucial spiritual choice is between opening or closing, holding on or letting go.
- Recognising that behind pain, there is often something we're holding on to and the choice to connect with the underlying softness.

- **Connecting with Softness:**

- The transition from initial softness to hardening and the opportunity to connect with that softness.
- The impact of letting go versus holding on, and the effect on prolonged suffering.

Embracing Patience and Compassion

The Challenge of Patience:

- Requires significant patience to investigate and explore.
- Realising the choice between holding on and letting go and having the courage to face the potential loss.
- The fear of letting go and the benefits of allowing something to die for personal growth.

Small Steps and Gentle Practice:

- Letting go can sometimes be more accessible when starting with small things.
- Trungpa Rinpoche's advice on practising with more minor issues is to build the skill of letting go.
- Relief and connection with the softness of your genuine heart from small acts of letting go.

Understanding the Challenge:

- Holding on increases pain, but letting go involves a shift in the sense of self and identity.
- Theoretical teachings become real as you begin to understand their implications.

Patience with Imperfections:

- It is essential not to be hard on yourself for failing to let go.
- Patience is a tool to gradually reach the point of letting go at your own pace.
- Patience involves kindness and acceptance of your imperfections rather than meeting unrealistic standards.

Patience in All Moments:

- Applying patience in both difficult times and moments of joy.
- Not rushing through experiences or acting impulsively.
- Patience helps fully appreciate and engage with the present moment.

Reflection and Self-Compassion:

- Daily practice of patience starts with intention and ends with gentle review.
- It is essential to set realistic expectations and reflect with kindness.
- We recognise and accept repeated behaviour patterns as part of the human experience.

The Path to Self-Improvement:

- We are developing loving-kindness and compassion through patience with imperfections.
- The effort in self-improvement is valuable, even if goals still need to be fully achieved.
- Persistence fosters kindness and appreciation for others' efforts.

Inspiration from Pema Chödrön:

- Pema Chödrön's teachings on patience, compassion, and self-kindness.
- Her books and experiences, including *The Places That Scare You*, *When Things Fall Apart*, and *Start Where You Are*, emphasise embracing these qualities.
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Disclaimer

The information and resources provided in this material are intended for educational and informational purposes only. They are not a substitute for professional medical, psychological, or therapeutic advice. Always seek the advice of your healthcare provider or a qualified professional with any questions regarding a medical or psychological condition.

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By engaging with this material, you acknowledge and agree that you are responsible for your health and well-being and that any use of the information provided is at your own risk.



Compassionate communication is a heartfelt connection to others.

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