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## Lama teaches Tibetan anger management

**Actually, take a good look at it. It's on a rampage through our minds and if we just pay attention, it'll go away, says a prominent Buddhist teacher who is in Vancouver this weekend.**

By The Vancouver Sun June 10, 2006

BUDDHISM I Watch out for the drunken elephant.

Actually, take a good look at it. It's on a rampage through our minds and if we just pay attention, it'll go away, says a prominent Buddhist teacher who is in Vancouver this weekend.

Awareness at the right moment is the key.

His Eminence Trungram Gyaltrul Rinpoche, a prominent lama of Tibet and recent PhD from Harvard, says people everywhere are slaves to their emotions. And when emotions attack, it's like a drunken elephant that overwhelms us in a matter of seconds.

"We lose control, judgment, we lose all the senses, really," Rinpoche said in an interview this week. "But if we are aware that we are being attacked by the anger right at that moment, within first three seconds, then we are in quite good shape.

"Because the moment you realize it's attacking you, that it's not part of you actually, then that anger becomes much weaker. It becomes hollow. It's still there but it's not really that full of volume."

Rinpoche says other methods that we use, such as logic, to try to control our emotions demand too much time, time we don't have when we are in the throes of strong feelings. Sometimes we'd much rather just give into them.

"So we need something that is simple, that doesn't require much time, or much thinking, but that really works. This is the only one," he says, adding it is very doable.

At a public workshop Sunday, 2:30 to 4 p.m. in the Alice Mackay room of the Central Library, Rinpoche will discuss this issue and introduce the essential instructions for Buddhist meditation in the Mahayana tradition. The workshop will be followed by a half-hour meditation teaching and possibly a refuge (vow-taking) ceremony beginning at 4:15 p.m.

On Monday, Rinpoche will give an academic talk, 2:30 to 4 p.m. at the University of B.C., based on his book, Gampopa Monk or Yogi.

It isn't hard to gain awareness, Rinpoche says. It takes training, but it isn't only for very advanced students. "We have the ability to do this. Everyone has it, we just have to give a chance to ourselves and not think we can't do it."

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
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