

ASKED AND ANSWERED

May 29, 2013

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If you ask a question,
I will try to answer,
But you'll get no answer,
If you make a statement,
Yet I'm tempted.

Some of your statements,
Ask a lot.

May 29, 2013

The above poem just a fun thing that came along. It is not directed at a particular person, certainly not any of you who are reading this. Same with the photo, taken a while ago when spring first appeared.

I have been very busy writing a short series on how to deal with major emotions like anger, blow-ups, and what the Buddhists call "kleshas." For example, when we get carried away by a major anger-storm, it can take us a while to recover and get back on track. Worse, it really burns our mindstream and that can be damaging to our health, not to mention any clarity and sense of direction we may have established. We kind of have to start over.

I hesitate to post the series here because it is a little more strongly worded than my usual fare, which means that it has some "do this" and "don't do that" in it, which some may feel is too dictatorial.

This kind of presentation is usually reserved for those who don't need a subtle bedside manner, but actually want some plain speak. What do you think? Should I post it here or just make it a PDF for those interested in managing their emotions more efficiently?

[Photo of some Bloodroot]



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