

2nd Week October 27th Learn to reduce and manage anxiety

2nd Week - October 27th - Learn to reduce and manage anxiety

Repeat from last week:

- The normal Understanding of anxiety
- The Buddhist way of Understanding anxiety
 - mainly Self-cherishing, Self-directed anger
- Suggesting from our own experience how to reduce these - possible ideas:
 - Patience - purposeful training ourselves to be able to bear peacefully unpleasant states of mind -> this one is so helpful
 - returning to explaining delusions and how reality seen by delusions is not reality -> learning to go against the appearance
 - Love - cherishing others -> as a method to reduce self-cherishing => reduce fear
 - Wisdom - Learning to accept impermanence or emptiness of the self and the situation -> as a method to reduce fear

Revision #1

Created 13 October 2026 10:52:51 by sherab

Updated 13 October 2026 10:53:30 by sherab