

## **Dhamma thought for Today**

An escape or a question!

Being irritated by someone at work is not a small incident, if it happens day in and day out. Our immediate response is to get rid of that irritation. Somehow, the mind links irritation with the person we feel irritated with. Indeed, more energy is directed towards the person outside rather than the uncomfortable feeling within us.

If you feel just like this. I want you to know that I and many others often feel like that, too.

What do we do then? I do not have the answer myself.

But if we ever see the image of the Buddha during those irritating moments, what would we ask him about irritation.

One thing I have observed is that as irritation gets stronger, it compels us to look for an escape.

An escape we all do look for. Changing a job is one of such a measure; instigating someone to lose their job is another action often taking place at work. Or, not knowing what to do, just being depressed, hopeless is also not uncommon.

I believe the peaceful face we witness in all Buddha statues tells us one thing: instead of looking for an escape, the Buddha, even before his enlightenment, asked a deeply reflective question: what is the meaning of irritation? If irritation makes you suffer and therefore irritation is suffering, then, what is the meaning of suffering?

It takes a secure, stable and strong heart to even ask this question.

With THREE minutes set aside for yourself each day, your heart may just become strong enough one day to pose that practical question directly to the nature itself: what is the meaning of suffering?