

Maitripa College Mission Statement

Maitripa College, a Buddhist institution rooted in the Nalanda tradition, offers graduate and lifelong learning programs in both physical and digital formats. Through the integration of contemplative practice, Buddhist scholarship, academic inquiry, and spiritual formation, grounded in three pillars of scholarship, meditation, and service, we educate students in critical thinking, ethical reasoning, and contemplative methodologies. Our programs prepare graduates to apply their learning in service to their communities and the world with compassion, joy, and equanimity.



Working with Anger

*Buddhist Resource
Guide Series*

May compassion and wisdom serve the world.

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ABOUT THIS GUIDE

Buddhism distinguishes anger from simply feeling upset or recognizing injustice. Rather, anger is understood as “the wish to harm.” Left unchecked, it disturbs our peace, damages relationships, and creates suffering for ourselves and others. Buddhist practice offers methods to prevent anger, purify it when it arises, and ultimately uproot its deepest causes.

BOOKS

- 1) *Healing Anger* by His Holiness the Dalai Lama
- 2) *Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict* by Tsultrim Alloine

For Kids

Anh's Anger by Gail Silver, Illustrated by Christiane Krömer
(Free video available of Ven. Yönten reading this book on her YouTube channel)

Tiger-Tiger is it True? By Byron Katy (Free video with short teaching by Ven. Yönten)

TALKS & TEACHINGS

Dealing with Anger and Emotions, video teaching by His Holiness the Dalai Lama, (1997) [Free on the Meridian Trust Website](#)

Understanding Anger and Developing Patience, a Public talk at Maitripa College by Ven. Yönten (April 2026): [Free on YouTube](#)

Working With Anger and Developing Patience, guided meditations and talk From the Lamrim tradition by Ven. Yönten (Feb. 2017): [Free on Internet Archive](#)

REFLECTION

“When the environment and its inhabitants overflow with unwholesomeness, Transform adverse circumstances into the path to enlightenment.”

- Geshe Chekawa, The Seven Point Mind Training

PRACTICE

- 1) To purify anger, see: *Vajrasattva Meditation: An Illustrated Guide* by Khenpo Yeshe Punsok
- 2) To prevent anger, see: *The Peaceful Stillness of a Silent Mind* by Lama Yeshe
- 3) To cut the root of anger, see: *How to See Yourself as You Really Are* by H.H. 14th Dalai Lama

For Kids

Peaceful Piggy Meditation by Kerry Lee MacLean



Please visit the Resource section of our website to access this online guide including live links to all resources. Scan this QR code or go to:
<https://maitripa.org/buddhist-resource-guide-series/>