

## When Angry Thoughts Arise

When angry thoughts arise vividly,  
If you look at them nakedly and rest without fabrication,  
They will vanish in their own ground without harm or benefit.

Clarity of mind is enhanced by the arising of anger. In the moment of anger it is very vivid and clear. “Look at them nakedly” means to look at the essence directly, without obscuration of concepts or thoughts. In the moment of anger, there is no covering of thoughts at all. You can see its essence very directly in its essence since there has been no time for anything to obscure it. You can look nakedly, directly, transparently at its essence, without fabrication or contrivance. You don’t need to do anything except rest in that untouched, unhampered-with state. When you do that, anger does not bring benefit or harm, which is another duality like accepting and rejecting. The anger dissipates or is liberated in its own ground. What is its own ground? It is clarity-emptiness, luminous emptiness.

Khenpo Tsultrim Gyantso Rinpoche, *Creation & Completion*, a commentary on Jamgon Kongtrul’s text, *Creation and Completion: Essential Points of Tantric Meditation*, given in Boulder Colorado in 1995 and 1996, translated by Sarah Harding, p. 93