

**The Wisdom of Emotions
Seminar Given in NYC April 18-20, 2008
Dzogchen Pönlop Rinpoche**

**Outline of second half of Talk 2
Played February 5, 2015**

Mindful gap has two parts: Distancing and Cultivating Patience

A. Distancing

1. Noticing, remembering to notice the emotion
2. Feel the emotion without the conceptual reference to the object. We call this dropping the story line. Path to transforming is to feel the energy itself.
3. Hold back from any action. Just hold the emotion. Raw energy. Also joyful to hold it. Remain still, calm. Sit still. Like hitting the pause button on your iPod.

Creating distance gives you more time (part of mindful gap).

Feel

Hold Do these two over and over then

Relax: stay calm, sit still

Look at the gap between you and the emotions.

Analogy of cafe as shamatha; barrista as teacher; espresso as vipashyana

B. Cultivating patience (2nd technique after distancing)

Need to experience the emotions without prejudice

Openness

Genuine enthusiasm

Inquisitive mind. Desire to explore emotions is good. Not helpful to shut down the emotions. That creates deeper pain.

Embrace our emotions with open heart. We want to explore like a pioneer. Zoom out for distance. Embracing emotions with open heartedness

Patience is continually exploring the heart of emotions. Each time you feel the emotion it is new, fresh, unique.

Patience cuts the momentum of the habitual pattern.