


## QUESTIONS ABOUT ANGER AND BEING YOURSELF

*Anger, greed, and delusion appear when you are not just you.*



STUDENT: You talk about just sitting and just being yourself, but what about just being angry? Is there any connection between that and just sitting?

SUZUKI ROSHI: There is a big distinction between being angry and just sitting. That is why we sit! When you just sit you cannot be angry. Anger only appears when you lose yourself, when you are caught by trying to be something else.

STUDENT: Could someone be just angry and nothing else?

SUZUKI ROSHI: If you could forget all about anger after you were angry, that would be good. But usually anger lasts for a long time because the ideas that you have afterwards, like, "He made me angry" or "I am no good," make you even more angry. Then you are not just you. That is why we say that you cannot just sit when you are angry. Anger, greed, and delusion appear when you are not just you.

STUDENT: But is it possible that if we practice in this way, we might forget about everything we value and just become so foolish, greedy, or angry that that's all that will be in our mind?

SUZUKI ROSHI: I don't think that is possible. It may be possible for animals, but not for human beings.

STUDENT: If a person is just themselves, could that include just anger?

SUZUKI ROSHI: We don't say that anger is not good; anger is just anger, that's all. But if you have some excuse for being angry, that is not just anger. Unless you practice and understand our way, it is rather difficult to be just angry, like a thunderstorm: "Kiiiihhh!" Next moment nothing. That is beautiful. "Raaaahhh!" That's all. I wish I could do that.