

Buckle up the Lip

Daniel Band

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Rose: Where I am is a happy place, but in Wavertree, which is almost completely *tamasic* with some *rajas*, it's a different kettle of fish, so I try to avoid the place as much as possible. I do find it quite difficult sometimes to keep my opinions to myself (I seem to forget that it's all just the *gunas* playing out). For example, I was at the chemist's, and the lady behind the counter wasn't very polite. I blurted out that she had an attitude problem. This was a big mistake, as her response was then aggressive. I find that people these days are becoming less and less polite. Could you please give me a little advice? I know this all has to play out, but it seems quite rough sometimes indeed! *Namaste*, Daniel.

Daniel: Yup, it's a great skill to learn to bite one's tongue. If you don't have anything pleasant to say, then best buckle up the lip.

The most important sense to control is the organ of speech because it is through our words that both healthy and unhealthy emotions reach the world.

Firm speech should not be confused with unpleasant speech. Sometimes a situation requires that we firmly take a stand against someone's *adharmic* action. But more often than not, most situations are not for us to interfere/intervene with.

You would need to use your own discrimination to assess the appropriate response/action.

My advice would be to understand that people cannot be other than who/what they are. Continue to recognise the *gunas* at play and flick each agitating thought off by understanding your non-personal nature as unconcerned awareness. This comes back to the application of self-inquiry.

The simile "like water off a duck's back" is a good one.

Surround yourself with positive people who offer peace of mind.

When you find yourself in the grip of anger, bite your tongue or just walk away from the situation.