

Don't Bring Things to a Painful Point

Don't blame your sense of dissatisfaction, pain, and misery on somebody else, and do not try to lay your power trips on others. Whatever power you have - domestic power, literary power, or political power - don't impose it on somebody else.

This slogan also means not to humiliate people. .

From [*Training the Mind & Cultivating Loving-Kindness*](#) by [*Chogyam Trungpa*](#) ,

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These are nuances of the human tragedy, nuances of the tragicomic situation in which we find ourselves. "Don't bring things to a painful point" is again saying, "Don't humiliate people." We do all of these things because we feel pain, because we feel hurt and separate. Instead of first making friends with what we're feeling and then, second, trying to communicate, we have all these ways of keeping the "us and them" story solid and strong. That's what causes all the pain on this earth, including the fact that the ecosystem is turned upside down. All of that comes from people not making friends with themselves and never being willing to communicate with the one they consider to be the troublemaker. That's how we stay caught in this battleground, this war zone.

From [*Start Where You Are : A Guide to Compassionate Living*](#) by [*Pema Chodron*](#),

Don't Make Things Painful

Don't speak in a way that causes pain for others, either by making pointed remarks and exposing their faults or, in the case of nonhuman beings, by using mantras that drain their life.

From [*The Great Path of Awakening : An Easily Accessible Introduction for Ordinary People*](#) by [*Jamgon Kongtrul*](#), translated by [*Ken McLeod*](#).

Do Not Strike at Weaknesses

Do not strike at the weak points of others or do anything which will cause them suffering. In the same way, do not recite destructive mantras which will harm non-human beings.<

From [*Enlightened Courage*](#), by [*Dilgo Khyentse Rinpoche*](#).