

## **Don't Be so Predictable**

That is to say, an ordinary person or man of the world would have some understanding about his relationship with his enemies and his friends and how much debt he owes people. It is all very predictable. Similarly, when someone inflicts pain on you, you keep that for long-term storage, long-term discussion, long-term resentment. You would eventually like to strike back at him, not forgetting his insult in ten or even in twenty years.

This slogan has an interesting twist. To begin with, we could use the analogy of the trustworthy friend. Some people are trustworthy people, traditional people, maybe you could say old-fashioned people. When you become friends with people like that, they always remember your friendship, and the trust between you lasts for a long time. In the example of the trustworthy person, you SHOULD always remember your connection with him or her and his or her connection with you. But if somebody gives you a bad deal, or if you have a lot of conflict with somebody, you should not constantly hold a grudge against him. In this case, the point is that you should NOT always remember somebody's bad dealings with you.

When somebody is about to inflict pain on us, we usually wait until they actually strike us and are unkind to us... Then we have made an enemy of somebody. That is not the proper approach. The proper approach is to make friends immediately rather than waiting for something to strike.

*From Training the Mind & Cultivating Loving-Kindness by Chogyam Trungpa ,*

## **Don't Be so Predictable**

The next is "Don't be so predictable," which has also been translated as, "Don't be so trustworthy." It's an interesting one. It's getting at how predictable we are, as everybody in the advertising world knows. They know exactly what to put on those billboards and those ads to make us want to buy their products. Even intelligent people like ourselves are sometimes magnetized by this propaganda because we're so predictable.

Particularly, we are 100 percent predictable in that if we don't like something we'll run the other way, and if we do like it we'll spend quite a lot of time and effort trying to somehow eat it whole. If someone does something nice for you, you always remember it and you want to repay their kindness. But if somebody hurts you, you remember it for the rest of your life and you always want to get revenge in one way or another. That's the meaning of this slogan "Don't be so predictable." Don't always react so predictably to pleasure and pain. Don't keep taking the wrong medicine for the illness.

*From Start Where You Are : A Guide to Compassionate Living by Pema Chodron*

## **Don't Rely on Consistency**

A person who is consistent in his affairs doesn't forget the people who concern him, no matter where he is or how much time has gone by. When someone causes you trouble and

has made you angry, you might never let go of that resentment. Stop it. Take a helpful attitude or action in response to someone who causes trouble.

*From The Great Path of Awakening : An Easily Accessible Introduction for Ordinary People by Jamgon Kongtrul, translated by Ken McLeod*

## **Do Not Devote Yourself Kindly to the Central Object**

This pledge also seems obscure at first. The Tibetan word translated here as central object refers to a central pillar or support, and is interpreted here as our own mental distortions. In other words, we should not bear a gentle, lenient attitude towards our own mental distortions. If we find ourselves responding with resentment to another person's disagreeable or unkind action, we should not treat our own distortion casually, saying, "What's a little bit of hostility or arrogance now and then?" This genial attitude to our own afflictions is to be abandoned, because it nurtures the distortion and prolongs it for days, years, and even decades, causing suffering for ourselves and others.

*Excerpted from: The Seven-Point Mind Training(first published as A Passage from Solitude : Training the Mind in a Life Embracing the World), by B. Alan Wallace.*

## **Do Not Serve the Central Object Leniently.**

This does not mean that we should not act kindly or gently toward other beings, but that we should not be lenient toward our emotional afflictions. It is entirely due to our indulgence in the afflictions of greed, aggression, and ignorance that we remain caught in the net of confusion; hereafter, we must stop being gentle with these true enemies and instead be gentle with other sentient beings.

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