

Notice this...
relaxing!

Free this mind...
from anger!

Free neighbors' ...
from anger!

Free earthlings...
from anger!

Free all beings...
from anger!

How hate rage?
Relaxing!

How this rage...
always change?

How this rage...
NOT be me?

Notice rage...
releasing!

Notice this...
relaxing!

Meditations for Tantrums Triggered by Shattered Expectations