

# Attached to Anger

BY ZEN MASTER SEUNG SAHN

On the first morning of Yong Maeng Jong Jin at the New Haven Zen Center a student came into the interview room and Soen-sa asked him how he was.

“I’m feeling terrible,” the student said. “Together-action is very difficult for me. Nobody does anything right, and so I am always angry.”

“Yah, together action is sometimes difficult,” replied Soen-sa, “but it is very important. What you think other people should do, that is just your opinion. You must let go of it. There are four kinds of anger. The first is attached to anger: ‘My opinion is right, your opinion is no good.’ Always angry at other people. The second kind is reflected anger. Someone has bad action for me, someone has bad speech for me, so I immediately get angry back at them. The third kind is perceived anger. This time I see myself start to get angry, my anger comes up, up, and I push it down, down. This is very important. Finally, there is love anger. This is my anger, anger for all people. Sometimes I get angry at one of my students: ‘You’re no good. You must do more hard training.’ But my anger is only for him. I don’t care! This is highclass anger. Right now you have low-class anger. You must do hard training and then you will have high-class anger.”

The next day the student came to interview feeling much better.