



karuna
dedicated holistic support

the kindest care

Care of the mind

Mind and emotion

Mind

Our mind is awareness. It is clear and knowing. In its natural state it is still and calm. This allows us to perceive the world with clarity and without distortion. Our mind is similar to a still mountain lake. In its natural undisturbed state the water is still and perfectly reflects the objects around it. When the water is agitated or churned up the reflections are distorted.

How we use our mind and the imprints left by our past actions all contribute to how calm or agitated we are, affecting the way our world appears to us.

Disturbing emotions

Disturbing emotions are negative states of mind that can be classified into three main groups: anger, clinging attachment and ignorance. They function to intensify physical and mental pain by increasing the focus on ourselves.

When we are under the influence of disturbing emotions our mind is not peaceful. We also cause harm to others through the words and actions that arise from our disturbing emotions.

The main way disturbing emotions cause harm is that they distort our perception of reality. There is always a gap between the way things appear and the way things actually are. For example, when we are angry with someone we easily see their faults and don't see their positive qualities. When we are attached to someone our perception of them is biased, exaggerating their positive qualities and causing us to cling to them for our security and happiness.

Disturbing emotions are temporary. They are like pollution in the water or air. Just as we can purify the water or air, so too our mind can be free of the harmful effects of negative emotions.

When we notice that negative thoughts are polluting our mind, we have an opportunity to turn our attention towards something that will calm our mind instead, such as the flow of our breath or a mantra. This creates the space for us to be able to cultivate a positive way of responding to whatever triggered our negative emotion.

Positive states of mind

Positive states of mind expand our awareness from merely a self-focus to a focus on others and their wellbeing as well. Ideally, these positive attitudes are not restricted to the few people we like but includes everyone, even those we dislike and

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those who are strangers to us. As such, positive states of mind include compassion, loving kindness and gratitude. These attitudes protect us from harming others, motivate us to benefit others and make our own mind peaceful.

Because they increase the stillness of our mind they do not distort our perception in the way disturbing emotions do.

Karuna also has experienced people you can talk with on:
07 3632 8300 or karuna@karuna.org.au



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