



Dolpo Tulku Rinpoche Teachings

How to deal with arrogance

If we meet someone who is bragging and over-emphasising their knowledge or their talents, we should not let that disturb us.

Firstly, we should listen to them carefully. If they are saying something interesting or helpful, then we should simply accept that.

However, if the conversation is meaningless, then we should just ignore it.

But, if we react with jealousy or anger, we are not actually behaving in any way better than them.

We would just be exhibiting the same bad behaviour, in exactly the same way.

If we see a fault in someone else, we should try to diplomatically or tactfully point it out to them. If that is not possible or inappropriate, we should simply ignore their behaviour. But, if we react with contempt, then not only will we be unhappy about the other person's arrogance, but at the same time, they will also be unhappy about our own behaviour.

This situation will not lead to anything good. We need to step up and react differently. The best thing is to cultivate understanding for the other person.

If we don't appreciate being treated in a certain way, then the other person will not appreciate it either. Maybe changing our reaction will feel a little difficult in the beginning, but after a few times, it'll become easier. Eventually we might even enjoy it. When something is challenging, most people give up immediately. But, we should cultivate some curiosity to see what happens if we act in a kindly manner instead of being upset.

Instead of an angry reaction, we can think to ourselves: ,ah, there he is again with his arrogant behaviour. This time I'll just stay friendly. Let's see how it will turn out.' We can treat it like a game.

If we insist on our normal way of being and react angrily or becoming irritated, then the situation will certainly never improve. We already know that through past experiences - everyone will have a bad time. But if we can stay relaxed and friendly, at least we can have a good and peaceful time.

At Frankfurt University as a part of a lecture on 25.November 2012

Translated from Tibetan by Daniela Hartmann

Edited by Jacqueline Bourbon