

“Train the mind. Proper management of emotions”

Barcelona, Spain, 28. June 2014



Ricard Rotllan, former Buddhist Thubten Phunsog monk, gave the lecture "Train the mind. Proper management of emotions", in which the experience of mind is very important and complex, and is manifested in how we act and how we think, under the law of cause and effect with constant practice; the important thing is not lose your cool, our inner peace. The technique is to look for for example looking for an interior point in the nose and feel the air in and out; while contemplating that point, we must keep our attention, and is just practising constantly that we can succeed in making our mind free from disturbing thoughts.

The uncontrolled mind is the cause of suffering. The controlled mind allows us to achieve inner peace.

We can say that we can train our mind educating it to observe without prejudice, releasing emotions

that influence our observation of reality by interpreting reality according to our situation; the mind must maintain neutral nor positive nor negative thoughts, because both sides already influence our perception of reality.

With its one-hour exposure, Rotllan Ricard managed to awake the audience's interest; everyone was very participatory with questions and examples from their own experiences. The guests gathered in this event didn't come for long time, and others are followers of him already because he has a radio program every morning on Catalunya Radio.

Buddhism in its essence holds good techniques for people to take consciousness, and this helps us to become better people and to practice the teachings of the Divine Principle in our lives.