

How to Deal with Negative People?

Hi, everyone, this is Nancy. Today is Apr. 3rd. How are you doing? In our daily life, we often meet or have to face negative people, people who cannot control their temper, people who backbite you, people who look down on you and show no respect, or people who judge you based on their background and experience. How do we deal with these people? Of course, this is a complicated topic, and it depends on our own consciousness level, the situation, our relationship with that person, and so on. But anyway, I'd like to share with you a story of the Buddha to see how the Buddha treat different people.

Before the Buddha entered Nirvana, Ananda asked the Buddha, "After World Honored One enters nirvana, for those evil Bikkhus, how should we treat them?" The Buddha answered, "For evil Bikkhus, keep silent and abandon them."

The Buddha was a great medicine king and he had countless expedient ways to tame and regulate people of different habits. Once a horse trainer came to see the Buddha. The Buddha asked him, "You are good at training horses. You know the horses' temperament. Let me ask you. For those horses, what are the ways you use to train horses." The horse trainer answered, "I treat them in three ways, gently, harshly, or both"

The Buddha asked, "What do you do if none of these works?"

The horse trainer answered, "Then I will kill them. Please World Honored One, what are the ways you use to tame all the sentient beings?"

The Buddha said, "I also use these three ways, gentle, harsh, or both."

The horse trainer asked, "What would World Honored One do if none of the above works? The Buddha answered, "I also kill him."

The horse trainer said, "The Buddha has great compassion. How could the Buddha kill?"

The Buddha said, "You are right. In my teaching, killing is the cause to transmigrate. But my killing here is different from your killing. If a person cannot be tamed no matter which way to use, I would stop talking to him, and not teach him anymore. For a person who cannot be taught, isn't it the same as killing him?"

The horse trainer finally understood what the Buddha meant. He lowered his head, and asked to take refuge in the Buddha, promised to uphold the five precepts, not to kill animals and all others anymore.

This is how the Buddha tame sentient beings. The Buddha used different ways to instruct different sentient beings. For those who could not be tamed, he also gave up. Let them continue to suffer in the suffering sea. One day, after experiencing enough suffering, they may wake up, repent, lower their head, listen and change. All the sufferings are to awaken one.

One's spiritual growth is just like anything else. Time is needed to ripe. It's like the apples on the tree. If the apple is ripe, you just gently twist and pick it; if it's not ripe yet, you would just have to give it time and wait."

Amitabha! This is today's Dharma share. I hope this talk can shine some light on how to treat negative people in daily life. Still, it's important to deepen our own mindfulness in all the different situations. Be aware of our own negative moments. Meditate to quiet down when necessary. Thank you for being here watching this video. I will see you next time. Bye.