

## Dealing with Difficult People

1. Breathe Deeply.
2. Meditatively watch anger/irritation/annoyance like clouds in the sky you're your empty, pure awareness.
3. Resist acting on your negative feelings out of a vow to never harm, as you realize all beings are sacred.
4. Empathize, realizing the suffering of the other. Remember times when you've felt and behaved similarly and realize your own suffering in those moments. Tap into your compassion for their suffering.
5. Engage in a loving kindness meditation or prayer. "May you be happy, at peace and free of suffering."