

**SEVENTY-TWO WAYS IN WHICH OUR MINDS BECOME
DISTURBED AND CAUSE US TO REACT NEGATIVELY**
Tibetan: *yi mi dewai se*: food for mental unrest
Based on the Patience Chapter of the Bodhisattvacharyavatara,
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There are 72 Ways we feed our mental unrest. These all correspond to the Eight Worldly Concerns:

1-4: Hoping for positive circumstances 36

1. Hope for pleasure (physical well being/comfort and mental happiness)
2. Hope for gain (material wealth and prosperity)
3. Hope for praise
4. Hope for fame and confirmation

5-8: Fearing negative circumstances 36

5. Fear of pain (physically or mentally)
6. Fear of loss (material wealth and prosperity)
7. Fear of criticism
8. Fear of insignificance

We all want positive circumstances in our lives and do our best to avoid suffering and pain. These preferences of wanting some things and not wanting others apply 1. to ourselves; 2. to those close to us or we consider an extension of ourselves (family, friends and associates); 3. to our adversaries (people we dislike or those we are competitive with). In each of these 3 categories there are 4 things that we want or hope for, and 4 things that we don't want or fear. This makes up 24 disturbances. These reactions each occur in relation to the present, past and future, which adds up to 72:

I. What We Hope For or Want and the Anxieties that Arise When Something or Someone Stands in the Way

PRESENT -

Four things we HOPE for ourselves, in the **present**:

1. I want **physical well being and mental happiness** and I get upset/irritated when someone or something prevents that.
2. I want **material gain and prosperity** and I get upset/irritated when someone or something prevents that.
3. I want to **receive praise and compliments** and I get upset/irritated when someone or something prevents that.
4. I want to have a **good reputation** and I get upset/irritated when someone or something prevents that.

Four things we HOPE for our close ones, in the **present**:

1. I want them to have **physical well being and happiness**, and I get upset/irritated when someone or something prevents that.
2. I want them to have **material gain and prosperity**, and I get upset/irritated when someone or something prevents that.
3. I want to **hear praise and pleasant words** about them, and I get upset/irritated when someone or something prevents that.
4. I want them to have a **good reputation and be well known**, and I get upset/irritated when someone or something prevents that.

Four things we HOPE for those we dislike, in the **present**:

1. As I subconsciously want them to be **physically unwell and mentally unhappy**, I am troubled that they are well and happy.
2. As I subconsciously want them to be **poor and materially bereft**, I am troubled that they have material possessions and wealth.

3. As I subconsciously want them to be **criticized and blamed**, I am troubled that they are praised, complimented and congratulated.
4. As I subconsciously want them to have a **bad reputation or to be insignificant**, I am troubled that they are well known or publicly appreciated and admired.

This concludes the basic outline of the 4 things we hope for or want in relation to ourselves, our loved ones and those we dislike, which adds up to 12 reactions in the present. The same outline is applied to the **past** and the **future**, which makes 36 reactions concerning things we want or HOPE for.

EXAMPLE:

I hoped for **physical well being and mental happiness** in the past and I am troubled that something prevented that. I hope for **physical and mental well being and happiness** in the future and I am anxious because I dread the possibility of not having it.

II. What We Fear or Don't Want and the Anxieties Created When Such Things Occur

PRESENT -

Four things we FEAR or don't want for ourselves, in the **present**:

1. I don't want to experience **physical or mental suffering**, but I do and this disturbs me.
2. I don't want to experience **loss of my possessions, prosperity or material comfort**, but I do and this disturbs me.
3. I don't want to be **criticized, blamed or insulted**, but I am and this disturbs me.
4. I don't want to have a **bad reputation or to be a nobody**, but I am and this disturbs me.

Four things we FEAR or don't want for our loved ones, in the **present**:

1. I don't want to see those close to me experience **physical or mental suffering**, but they do and this upsets me.
2. I don't want to see those close to me experience **loss of their possessions or material comforts**, but they do and this upsets me.
3. I don't want to hear those close to me **being criticized or blamed**, but they are and this upsets me.
4. I don't want to hear that those close to me have a **bad reputation or are a nobody**, but I do and this upsets me.

Four things we FEAR or don't want for those we dislike, in the **present**:

1. I subconsciously fear that those I dislike are **physically well or happy**, and I'm disturbed by this.
2. I subconsciously fear that those I dislike are **wealthy or prosperous**, and I'm disturbed by this.
3. I subconsciously don't want to hear **praise or other complimentary words** about those I dislike, and I'm disturbed because I do.
4. I subconsciously don't want those I dislike to be **held in esteem and have a good reputation**, and I'm disturbed that they are.

This concludes the basic outline of the 4 things we don't want in relation to ourselves, our loved ones and those we dislike, which adds up to 12 reactions in the present. The same outline is applied to the **past** and the **future**, which makes 36 reactions concerning things we DON'T WANT or fear.

EXAMPLE:

I feared or did not want to be **unhappy or unwell** in the past and I'm upset by the fact that I was.

I fear or don't want to be **physically unwell or unhappy** in the future and I'm worried that I may encounter that.