

# **Transforming Problems Into Happiness**

# Developing a Different Attitude to Problems

## Prelude ...

1. The Fault of Seeing Only Problems
2. Seeing the Benefit of Problems
3. Seeing Problems as Joyful

# 1. Developing a Different Attitude to Problems

- The thought of liking problems should arise naturally..... like the thought of liking **ice cream**.....or the thought of liking **music**.



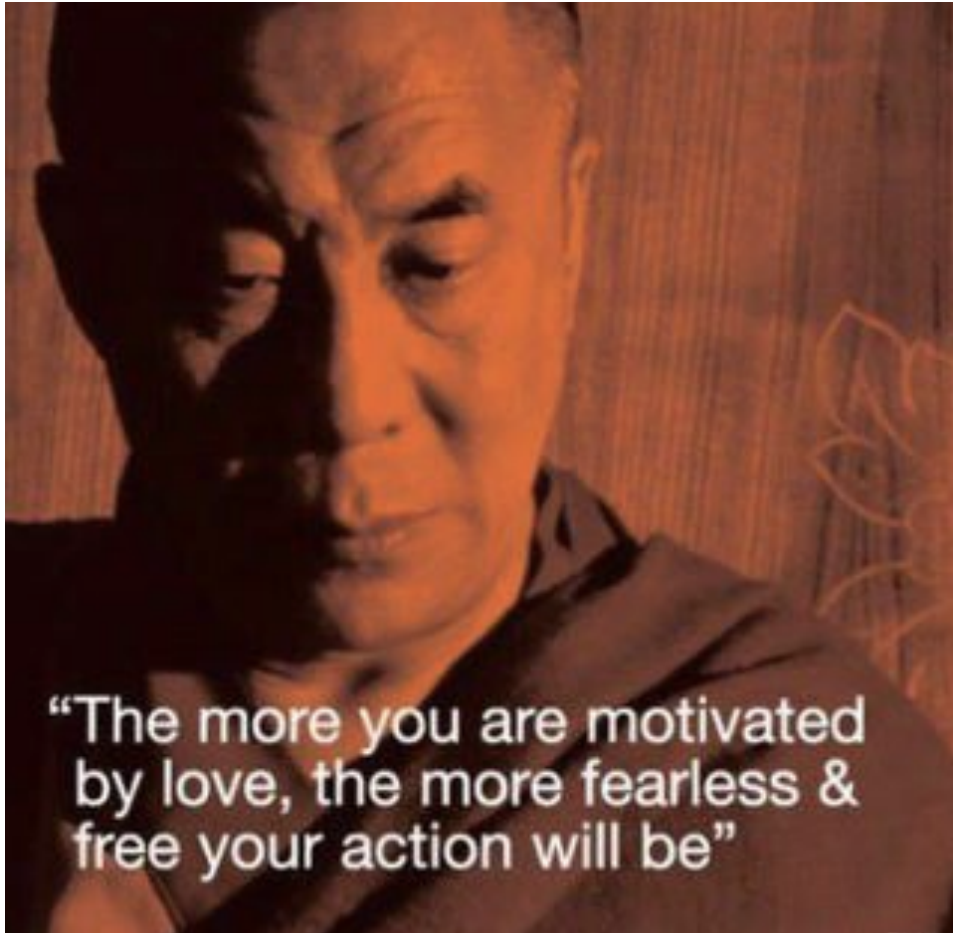
In this challenging modern time with many problems and much unhappiness, human beings are especially overwhelmed by suffering, **and their minds are not resilient.**

Instead of seeing all the problems we experience—whether caused by living beings or by situations and circumstances—as problems.....

- we need to develop the habit of recognizing them all as **beneficial conditions** supporting our happiness.....

Instead of seeing all the problems you experience—whether caused by living beings or by situations and circumstances—as problems.....

- you need to develop the habit of recognizing them all as beneficial conditions supporting your happiness.....
- and in fact, **being causes of happiness.**



The practice of thought transformation is not intended to eliminate problems.....

It's not that you will no longer receive harm from other people, or from circumstances, or from disease and old age; you will simply not be disturbed by anything that happens

# 1. The Fault of Seeing Only Problems

- As long as our mind is conditioned to identify such experiences as problems, we will only find more and more people and conditions disturbing.





The root of the problem, the true cause of our suffering, is not the external being or event that brings us harm, but rather it is ***our strongly selfish mind.***

By habitually seeing as a problem every tiny thing that does not accord exactly with our self-centered wishes, we exaggerate small things into huge problems.




If we see even small sufferings as big problems and get irritated by them, we become unceasingly overwhelmed by a heavy, unhappy mind.





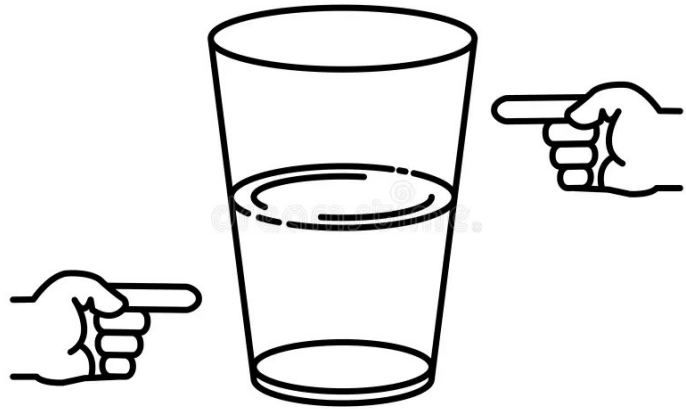
## 2. Seeing the Benefits of Problems

When you perceive a problem, if you remember the **benefits of having problems** and approach it with the practice of Mahayana thought transformation, your problem becomes desirable. Instead of hindering you, your problems become good and useful.

A photograph of the 14th Dalai Lama, Tenzin Gyatso, wearing his traditional maroon and yellow robes and glasses. He is smiling and gesturing with his hands in a traditional Buddhist gesture. A small 'ht' logo is visible in the top right corner of the image.

Choose to be optimistic,  
it feels better

HH Dalai Lama XIV



**Therefore, no matter what happens, there is always a reason to think, “This is a favorable, beneficial condition.”**

“From now on, no matter what problems I have to face, I won’t become irritated by them.

I won’t identify any circumstances or obstacles I experience as problems. I’ll regard them as positive.”

*You must clearly recognize that your problems are actually **necessary conditions** for your practice of virtue, and you can derive continual, stable happiness from this.*



# 3. Seeing Problems as Joyful

It is essential to be well prepared before actually meeting miserable conditions, since being able to use them as a basis for virtue and happiness is extremely difficult.



**You must clearly recognize that  
your problems are actually  
necessary conditions for your  
practice of virtue...**

*As long as you see something as a problem and allow it to irritate you... **you** cause that problem to disturb your mind.*

Whether a life situation is wonderful or not depends on the way your mind perceives and interprets it. You can choose whether to label an experience “wonderful” or “problematic.” It depends completely on your mind, your interpretations.”

