

The Peace Treaty

In order that we may live long and happily together, we the undersigned, wishing to restore our deepest love and understanding, gratefully agree as follows to these terms and conditions:

I, (the one who is angry) agree to:

1. Refrain from saying or doing anything that might cause further damage or escalate the anger.
2. Not suppress my anger.
3. Practise breathing and taking refuge in the island of myself.
4. Calmly, within 24 hours, tell the one who "has made" me angry about my anger and suffering, either verbally or by note.
5. Ask for an appointment for later in the week (eg Friday night) to discuss this matter more thoroughly, either verbally or by note.
6. Not say: "I am not angry. It's okay. I am not suffering. There is nothing to be angry about – at least not enough to make me angry."
7. Look deeply into my daily life while sitting, walking and breathing, in order to see:
 - the ways I have not been mindful or skillful enough
 - how I have hurt the other person because of my own habit energy
 - how the strong seed of anger in me is the primary cause of my anger
 - how the other person suffers also
 - how his or her suffering waters the seed of my anger
 - how the other person is seeking relief from his/her own suffering
 - that as long as the other person suffers, I cannot be truly happy.
8. Apologise immediately, without waiting until the (Friday) meeting, as soon as I realise my unskillfulness and lack of mindfulness.
9. Postpone the (Friday) meeting if I do not yet feel calm enough to do it.

I, (the one who "has made" the other angry) agree to:

1. Respect the other person's feelings, not ridicule him or her, and allow enough time for him or her to calm down.
2. Not press for an immediate discussion.
3. Confirm the other person's request for a meeting, either verbally or by note, and assure him or her that I will be there.
4. Practise breathing and taking refuge in the island of myself to see how:

I have the seeds of unkindness and anger as well as the habit energy to make the other person unhappy.

I have sought relief from my own suffering by making the other person suffer.

By making him or her suffer, I make myself suffer.

5. Apologise as soon as I realise my unskillfulness and lack of mindfulness, without making any attempt to justify myself or waiting until the (Friday) meeting.

Signed on thisday of.....in the year....., in the presence of the Sangha in