

Anger Management

Anger is not an action, it is a reaction. It is a reaction to fear, shame, hurt, helplessness, abandonment and grief, just to name a few. We live in a society that is desensitized by violence and crime. What was considered impossible is now an everyday occurrence.

We must get a handle on this situation. We need to become the change we want to see. Peace begins with each one of us making a conscious decision to handle our emotions with a grace and a mindfulness. When we come to understand that nothing has to go right in order for us to feel good, we become empowered and enlightened. Happiness is not the absence of problems; it is the ability to deal with them.

We should not deny our anger. It can also be used for motivation. We need to use it to know when something is out of place and not in alignment with the highest good. Anger can become the seed that creates a totally new garden. It can serve as stimulation for change, for justice and for solution.

Most great people created change from their righteous fury. They could not stand one more minute of the injustices. Today's impossibilities can become tomorrow's realities when human efforts are fueled by righteous and heartfelt anger. There is a clear connection between caring and wrath. One's wrath often speaks of their healthy protection and respect for themselves and another.

As a great Master once said: "For those that are not angry are worth little, for those who lose their temper are worthless."

Issues that Stimulate Anger

Hopelessness - not seeing anything positive in our future, so why bother attitude erupts.

Suggested solution: Find our purpose for being here in this world. Knowing our purpose is knowing our power. There IS a bigger picture, however we must seek it... for only the seeker shall find.

Helplessness - feeling like there is nothing that can be done about something we do not like.

Suggested Solution: Develop an acceptance of things we cannot change yet commit to what we can change. So many things are out of our control; therefore it behooves us to focus on what we CAN control.....mainly ourselves.

Fear - fear creates an extremely angry feeling, enraged at not feeling safe in this world.

Suggested Solution: Examine to see if the fear is a wisdom, for example, maybe we should not go to places that are dangerous or involve ourselves with people who dangerously create problems. We need to be conscious of surrounding ourselves with people whom we can trust. We need to try endeavors that feed our souls, being very careful not to invoke any kind of soul loss. Soul loss is a loss of our light. When we lose our light, darken energies come into our space.

Lack of faith not believing in a power higher than ourselves, staying with low thought forms.

Suggested Solution: Find a group that believes, find a mentor who can connect us to something higher than ourselves, spend time with animals, walk in nature and really look at what has been so beautifully created, deliberately look for beauty in art, in films, in stores, in nature.

Feeling unloved and unlovable – which leads to loneliness and angry isolation.

Suggested Solution:

- Learning to care for ourselves ensures stability in our emotional being, our spirit and our lives.
- We need to be conscious of our self talk, saying only positive things about ourselves to ourselves.
- We need to be conscious of our mind chatter, thinking only positive things about ourselves to ourselves.

Feeling abandoned – left and not nurtured, which leads to intense hurt and rage.

Suggested Solution: We have all been abandoned at one time or another. The key is not to abandon ourselves. Being left can leave us with a feeling of low self-esteem and intense rage. We live in a world that is going so fast; in so many directions that abandonment seems to be occurring more and more. Therefore, no matter how old we are, we need to know that we are all children of the Universe and we will make it through. When one door closes, another opens, we just need to keep the faith.

Depression – a feeling of “*nothing seems to be worth anything - why bother,*” which usually comes from unexpressed and unresolved pent-up anger.

Suggested Solution:

- One sure way of getting out of depression, is every day make a commitment to do five acts of goodness for someone or something.
- Look to those less fortunate and do something about it. Being of service automatically sparks a new productivity.
- Try to source our unresolved feelings and look for a good listener.
- Invoke and know that to every problem – there is a solution.
- Find guidance from others that we respect.
- Go to a happy movie.
- Play joyful music.
- Read positive stories.

A Better Understanding of Anger

1. Most non-profits began because somebody got angry enough to do something about the injustice and imbalance.
2. Anger is an amazing tool to source our deeper feelings.
3. Anger is connected to our power, which is why we must take it seriously and handle it properly.
4. Never be ill-tempered, as it can cause illness.
5. When we handle our temper in an intelligent manner, our temperature does not rise.
6. Be right without a fight.
7. Anger out of control creates disaster – anger when controlled creates solutions.
8. Attachments usually lead to anger when we don't get what we want.
9. Acceptance always leads us away from resentment.
10. Seeking praise from others, more often than not, leads to anger.
11. Emotional intelligence is available to all.
12. Never forget that we all have a good reason to be angry – it comes with living in this world.
13. Discernment is a wisdom that inevitably keeps us protected from anger.
14. One must always look to resolve disagreements – when not possible dissolve the agreement.
15. Whenever we feel bitter, we should think of something sweet.
16. Illusions instigate angry results.
17. Blaming and shaming are a waste of valuable time.

18. There is no anger when we consider constructive criticism a gift.
19. Being inappropriately angry at ourselves is the worst anger of all.
20. One who embraces humbleness and humility rarely experiences heated conflict.
21. Our ego leads us to intense and unexpected anger.
22. Never try to control another – it usually leads to disappointment and anger.
23. The heart is never angry – it just gets broken.
24. Our vulnerability is connected to our inner truth, which is rarely anger.
25. Never react – just count to ten and respond.
26. The holiest place is where cruelty becomes a kindness.
27. Respect transcends the forces of anger.
28. Knowing when to retreat and when to go forward is enlightenment.
29. Arguing is a platform for our opinions – being argumentative is a platform to override someone else's opinion.
30. Never need to be right – just know, feel and trust when it's right.
31. Patience is the shield that protects us from needless anger.
32. When we quell our inferior emotions – we master our superior mindfulness.
33. Unwanted or undeserved anger punctures our soul.