



How Anger Hurts You

“Showing anger itself is not wrong, but being unaware of your anger only hurts you. Sometimes you can show anger purposefully.”

Every sincere seeker wants to get rid of anger and reach a state perfection, but is often swept by his or her emotions. What can you do when anger rises in you? You may remind yourself a hundred times that you shouldn't get angry, but when the mood comes, you are unable to control it. It comes like a thunderstorm. Emotions are much more powerful than your thoughts and the promises you make.

Anger is a distortion of our true nature and it doesn't allow the Self to shine forth fully. The structure of human consciousness or mind is very similar to that of an atom. The positively charged protons and neutrons are in the center of the atom while the negative charged particles are only on the circumference. Similarly, in human consciousness, mind and life also, all the negativities and vices are only in the periphery.

Showing anger itself is not wrong, but being unaware of your anger only hurts you. Sometimes you can show anger purposefully. For example, a mother gets angry at her children. She can act tough or shout at them if they put themselves in danger. There is a place for showing anger, but when you become angry yourself, what happens to you? You are shaken completely. Look at the consequences of getting angry. Are you ever happy with the decisions you have made or the words you have spoken when you are angry? No, because you lose your total awareness. If you are completely aware and you are acting angry, that is fine.

All anger is about something which has already happened. Is it of any use getting angry about something which you cannot alter? The mind always vacillates between the past and the future. When the mind is in the past, it's angry about something that has already happened; but anger is meaningless as we can't alter the past. And when the mind is in the future, it's anxious about something that may or may not happen. When the mind is in the present moment, anxiousness and anger appear so meaningless.

Spiritual practices help you maintain your centeredness and not be shaken by small events. This is where a little knowledge about ourselves, about our mind, our consciousness, and the root of distortion in our nature will help. It is when you are exhausted and stressed that you lose your nature and get angry. Every individual is bestowed with all the virtues in the world. They simply get covered by lack of understanding and stress. All that is needed is to just to uncover the virtues that are already there.

Breathing techniques and meditation are very effective in calming the mind. Learning something about our breath is very important. Our breath has a great lesson to teach us, which we have forgotten. For every rhythm in the mind, there is a corresponding rhythm in the breath and for every rhythm in the breath there is a corresponding emotion. So, when you cannot handle your mind directly, you can handle it better through the breath. Meditation is letting go of anger from the past and the events of the past. It is accepting this moment and living every moment totally with depth.