

Eastern Body, Western Mind and Wheels of Life Anodea Judith

While emotions are generally related to the second chakra, anger is particularly relevant to the third as it expresses assertive fiery energy... If anger is felt but not expressed, then it is more likely to result in an excessive condition (projected outward). Anger is energy, as the body attempts to meet a challenge through increasing its charge. If situations that make us angry occur frequently, we live in an overcharged state. If that energy cannot be expressed, then the charge builds up in the body and becomes locked in the muscles as hypertension, compulsive activity, or a need to control.

Getting anger out involves understanding what created it, examining situations we were forced to endure, and reclaiming the right to object to those abuses of power that hurt or oppressed us. Blocked power is very often blocked anger. Anger is a potent and cleansing force—a red serpent of returning karmic energy but it is hard earned and must be used wisely. Addressing the anger we carry from these past issues helps free up available energy for present challenges and keeps us from having an inappropriate level of charge on present issues.

Being able to express anger at its source keeps it from becoming excessive or harmful, and instead increases our feeling of empowerment. Getting anger out makes us less angry and more effective in our lives.

Irritation, The Subconscious Mind and the Chalice and The Flame of the Heart Torkom Saraydarian

Anger is one of the elements of the sub-conscious mind which is like a diskette that records and stores all the impressions related to anger that we receive when we are at least 25% unconscious. It is a violent form of irritation. Anger often involves using (our) will to fulfill (our) desires or get others to do what (we) want. We can only make healthy decisions when we bypass the astral plane and the subconscious mind.

Anger has a close affinity with hatred and fear. Anger is the release of the forces accumulated by hatred and fear. Anger focuses these forces for destructive purposes. Anger damages the heart and burns the subtle counter parts of the nerves in the etheric body, which are called nadis. Hatred fear, anger, jealousy and greed can be annihilated when love is restored to your system.

The result of this irritation is the production of a *poison* called ***imperil*** by Master Morya. Irritation and imperil do not attack those whose consciousness is focused in the heart and the head. Before it reaches them, they can dissolve it through loving understanding. But if the focus of consciousness is in the emotional nature, and occupied with the interests of the lower centers, the imperil accumulates around the solar plexus and lowers the vitality of the man to such a degree that eventually the resistance of the body weakens and surrenders to the attack of germs or diseases.

Is There Room for Anger on the Spiritual Path? Diana Buonocore Becker

Anger can be the nudge we need to create a different life and can lead to new awakening on the spiritual level. Without anger you cannot fully get to your truth and be able to live a more spiritually connected life. When it is repressed too long it almost always becomes hurtful and vengeful. Some physical signs of repressed anger or other feelings include low back pain, jaw clenching, stomach upset, sore throat or exhaustion.

Anger can provide the impetus to move through a situation. It also initiates the process of taking responsibility for your anger, sharing the provocation and then working to discover if the source was a genuine present day offense or the reactivation of a past hurt within yourself or a combination of both.

Be angry but do not become blind with anger. Baba Lokenath

When anger is given free rein, it bursts out and causes damage -- not only to the person at whom the anger is directed, but also, more seriously, at all levels of being to the one who is angry. Let anger become conscious. Step back, be a witness to anger and its mechanisms, to what is appropriate and inappropriate in the situation. The show of appropriate anger in daily life may be inevitable. Remain a vehicle of appropriate and conscious expressions of anger, always working for the highest possible good. Then anger cannot possess or damage the mind or body, or thwart the purposes of the soul.

The Impact of Spirituality on the Expression of Anger Cassandra Gadous

According to Madow (1972) anger is not a basic drive but an emotion that is acquired and developed over time.

In its healthy form anger provides a warning signal to the brain that something is wrong and supplies the body with energy in the form of adrenaline to correct the situation. Anger can be a good motivator in creating change.

As history demonstrates, it was often the main thrust to social and civil revolutions. Athletes use the energy provided from anger to gain the power and momentum needed to win. Anger can stimulate a person to get his or her needs met.

Anger itself is not a power that will overcome problems. According to Novaco (1999) anger can impair judgment, disrupt work, displace inner frustration onto something or someone outside the self, and lead to aggressive behavior.

The cognitive-behavioral and Buddhist practitioners believe by cultivating the practice of non-judgmental awareness and acknowledging anger, the client can begin to develop problem-solving strategies and seek new options. Gradually, he or she can recognize self-confining limitations and judgments and discover new ways of compassionately seeing himself or herself and others (Stahl, 2000). Medieval Spanish mystic, poet and theologian Saint John of the Cross taught that interior silence - the inner stillness to which meditation leads - is where the Spirit "secretly anoints the soul and heals our deepest wounds." (Borysenko, 1993, p. 169).

Some Quotes on Anger Osho

When you are angry, you lose consciousness. Understand anger, watch anger, become aware of anger. (When you) look deeply into it, transformation starts happening. Try to understand why it is happening, from where it is coming, where the roots are, how it happens, how it functions and how it overpowers you.

Understanding transforms. If you understand, anger disappears and the same energy becomes compassion. The energy that was invested in anger is released and becomes compassion. Compassion is the absence of anger.

Five Steps to Move From Anger to Action Jennifer Hoffman

Forgiveness figures into this process... in the energetic sense. Forgiveness releases energy connections that we no longer want to be burdened with. When we choose to use anger as a stepping-stone to a more fulfilling, joyful, empowered life, we can also forgive the people and situations, which created the anger. Emotions are how we express energy, and anger is an emotion that can be a useful tool when we don't judge it. Instead, (we can) use it to make different choices for ourselves that fulfill our intention for a joyful, joy-filled, loving, peaceful, and abundant life.

Facing Your Anger as a Spiritual Practice Jim Tolles

Anger is trapped energy. When we stop ourselves from following our hearts and living our truth, we get restless, discontent, angry. This often leads to poor choices and bad coping mechanisms. Anger often hides other issues. Following the path of anger as a spiritual practice is following the trail back to (ourselves).

Anger is a normal human emotion, with a long karmic and healing history, that we will experience from time to time. But anger by itself isn't empowering, it's what we decide to do with the anger that takes us down the empowered wholeness path. Healing happens when we acknowledge our responsibility in the matter and choose to apply what we learned from our anger to our life lessons. Wholeness occurs when we reclaim our power and stop repeating behavior, including attracting anger-inducing people who participate in our lessons.

Forgiveness figures into this process as well, but in the energetic sense. Forgiveness releases energy connections that we no longer want to be burdened with. And when we choose to use anger as a stepping stone to a more fulfilling, joyful, empowered life, we can also forgive the people and situations which created the anger so we don't have to be angry with or around them any longer. The worst thing we can do is shame or blame ourselves for our anger, deny or hide it because we don't think we should be feeling angry, or pretend it isn't happening. Emotions are how we express energy and anger is an emotion that can be a useful tool when we don't judge it and instead, use it to make different choices for ourselves that fulfill our intention for a joyful, joy-filled, loving, peaceful, and abundant life.

ADDITIONAL READINGS

Anger: Discovering Your Spiritual Ally Andrew Lester

Anger is an ally when it motivates our defensive and aggressive responses to threats. It is a part of our survival system. It is also a spiritual friend when it reveals aspects of our lives we need to work on, correct and allow to be transformed. Unjust, unfair or controlling relationships can cause us to lose our sense of self and our sense of self-worth. Anger can allow us to uncover guilt and shame we may have been denying. It is also a spiritual ally when it enables us to challenge threats to our hopes and dreams for the future.

Anger and the Spiritual Path Andrew Shykofsky

Think of your anger as a well-honed defense mechanism. Its primary function is protective, getting us in touch with wounds so that they can be addressed and healed. Anger allows us to quietly and humbly take responsibility for what we may have or may not have done.

It is under the anger that the nugget of truth lies. It is a reaction to feeling hurt, violated, misunderstood, neglected etc. Sit with anger and find out what feelings are underneath it.

The first phase is called the Uncovering Phase and relates to the emotional pain that results from the initial unjust injury. Feelings of anger and other negative emotions emerge and need to be confronted in order to start the healing process. The Decision Phase is the second phase and at this point the individual realizes that in order to go on and be free of the emotional pain brought on by the negative emotions he or she must make a change. During the third phase a person realizes that he or she must do some emotional work in order to work through the emotional pain. A change in thought must occur before the change in heart and so the person may begin to use empathy and compassion as a way of understanding why the injurer caused the offense.

The fourth and final phase is called the Outcome/Deepening Phase and it is only at this phase that the person can begin to realize some emotional relief from the process.

Blocked anger is often a factor in obesity. It prevents matter consumed as food from turning into energy. It could be said that the fires are not burning properly or that the fire energy is blocked in some way. Since the food we eat is supposed to supply us with energy, an overweight person may become frustrated as the food they consume does not energize them. Anodea states that she has found that releasing blocked anger often improves metabolism and helps stabilize weight imbalances.

The definition of anger is that it is, "A lack of control and attempt to regain it." If you think about it this is really true. The misuse of anger deals with the misuse of power. The late, great Edgar Cayce in his source channelings spoke of positive anger versus negative anger. Everyone needs what might be called positive anger. This is like being the spiritual warrior in life or manifesting tough love with self or others when needed. Anger in essence is ego and this is a fact. Instead of getting rid of anger, it should be channeled properly, for there is enormous power in anger. This is what is meant by positive anger. It is anger channeled in Christ Consciousness directions.

Anger when not used in a completely unconditionally loving manner is an attack and for that reason it is wrong. It is never appropriate or right to attack a brother or sister. To hurt another is to hurt GOD and in truth oneself. People who are angry all the time are demonstrating lack of true personal power and consistent Self-mastery. Anger creates separation. The purpose of life is to retain oneness at all times, not separation. Cultivate personal power, a spiritual warrior attitude, and toughness in life but not anger. Chronic anger will debilitate your liver function, among other things. Anger stems from attachment and not looking at things as lessons in life. It also stems from an inability to transcend duality.

When things bother you in your relationships most definitely share them, but do it in a loving and respectful manner. Anger without unconditional love is negative anger and should be controlled at all costs. There is no such thing as righteous anger. Righteous anger is a delusion of the negative ego. Anger is such a critical lesson in life for it comes up every time life doesn't go the way we want it to go. The anger is developing as Buddha said from, "Wrong points of view." It is not in life, it is in our attitude towards life. Someone who is angry all the time is angry is

When one moves into positions of power, fame, and money the proper control of this energy is even more important, for a great many people are in your spiritual care. When anger arises channel it into cleaning your house, exercising, transformative journal writing, meditating. Use the enormous power in anger as an alchemical process to create GOD-realization. Do not judge self when anger arises but take responsibility that you are creating it. Do not take it out on others or self, or “karma” will be incurred!

Cognitive behavioral therapy’s major focus is on addressing motivation to change, high physiologic arousal, helping the client to find his or her idiosyncratic cognitions that cause the anger, and developing and rehearsing new behaviors and thoughts. It does not address the environmental supports of anger, or rebuilding interpersonal relationships (Di Giuseppe, 1999).