

(Contd. from June issue)

ANGER MANAGEMENT AND PREVENTION

– B.K. Shankarananda

Human mind is just like an ocean, waves after waves of thoughts are coming restlessly. As we dive deep inside an ocean, we see and feel stillness and silence and discover valuable treasures there, likewise within deep inside the mind dwells the divine virtues of the soul (viz. Purity, Peace, Power, Love, Wisdom, Bliss, Happiness,). Rajyoga is that technique of self realization which helps one to understand the true self and helps in bringing to surface the hidden virtues of the soul at the time of crisis.

This, as a result, replaces the vicious emotion of anger with the pure feelings of 'forgiveness and forget' and generates the fresh feelings of building bridges and not walls.

Anger Management through spirituality

► **Step One** – Never struggle with your anger. Don't fight it, or resist it, in any way. That only either strengthens it, or suppresses it until another day.

So face it and accept its presence.

► **Step Two** – As soon as possible, simply observe it. In the act of observation, all emotion must die. Why? Because you are standing back from it within your consciousness in order to observe it. And as you stand back within your consciousness, you are withdrawing your life giving energy from it.

► **Step Three** – Through the practice of meditation, return to your centre, that means, the centre of your consciousness, the centre of yourself. At the centre you will find inner peace, and that peace is your power. At the centre of yourself, you will find your love, and that love, when you give it to yourself and others, is the healing balm of forgiveness.

Regarding Meditation what the scientists say.... Scientists used to believe connections among brain cells were fixed early in life and did not change in adulthood, but studies using

brain imaging have shown that mental training through meditation can change brain circuits. It can also improve higher mental activity by increasing coordination between different brain areas. Meditation can be an active rather a mere passive process. Meditation can free us from negative tendencies, letting us see both our true inner nature and the reality of the world around us.

Practise the following techniques to help yourself become free of anger:

► 1. Eighty percent of the content of your conversations is focused on the past. The past is like a filing cabinet. When you go to the office, do you spend the day in the filing cabinet? When you are angry, stop for a while; think and analyse the cause of your anger. Give some time to reflect on the matter. Consciously shift your focus to the future in everything you think and say, not a future filled with desires and expectations, but one in which you simply see everything as going well. "Anger always comes from frustrated expectations." Life is an ongoing process, why to stop at sometime holding grudges for someone?

► 2. Self Counselling – Stop hurting yourself, for that is what you do when you get upset or

angry about anything. Talk to yourself and take yourself out of the habit of emotional self-harm. What would that conversation with the self sound like?

At least twice in a day, withdraw yourself from your daily routine and visualize the following positive thoughts: ---
- I am a concentrated spark of life energy, located between the eyebrows..... Gradually I fly towards my sweet silent home..... Here I feel myself being drawn towards the Supreme Soul, a star-like entity with unlimited power..... Like a laser beam, powerful rays of peace from the Ocean of Peace fall on me, which make me calm, cantered and composed..... As I release all negative emotions of anger from my system, I feel more and more relaxed..... I acquire an attitude of acceptance towards everyone and everything around me..... In the canopy (shelter) of the Ocean of Love, I forgive myself and others completely and release all resentments (negative emotions towards others) now..... I am overflowing with peace and love and shall create harmony in all my relationships..... I am receiving the spiritual power from the World Almighty Authority to remain in charge of my

energies..... Nothing can disturb my peace now.....

Spiritual knowledge of Rajyoga is the knowledge of truth, through which we get to know the secret of World Drama. This world is a big stage and we are the actors, playing our respective roles. Some play the role of heroes whereas some act like villain. Every soul is uniquely playing his/her role and cannot be replaced. When we watch a drama or a film, we see actors playing villain roles. But we don't hold any grudge for them in our heart, as we know that he or she is just an actor acting for some time. Originally, each and every soul is the embodiment of divinity i.e. righteousness. This holds the same with the world Drama. Scientific Study regarding anger has proved that when we get angry, we waste several joules of energy, which, if not wasted, can be utilized as great life driving force. "Anger is a great force. If you control it, it can be transmitted into a power which can move the whole world"—William Shenstone, Scottish Writer.

Here below, I would like to add up a story about the impact of Anger:

"There once was a little boy who had a bad temper. His

father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence. The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learnt to control his anger, the number of nails hammered daily gradually dwindled down.

He discovered it was easier to hold his temper than to drive those nails into the fence. Finally, the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there." A verbal wound is as bad as a physical one."

"When you are offended at any man's fault, turn to yourself

and study your known failings. Then you will forget your anger” – Epictetus, Greek Philosopher.

Keeping ourselves cool in a moment of crisis can save our years of pain and anguish. A strategy to control our temper is what I call the “Three Gate Test.” The ancient sages would only speak if the words they were about to utter passed three gates. At the first gate, they asked themselves: “Are these words truthful?” If so, the words could then pass on to the second gate. At the second gate, the sages asked: “Are these words necessary?” If so, they would pass on to the third gate, where they would ask, “are these words kind?” If so, then only would the words leave their lips and be sent out into the world.

Before concluding, I would like to add that each one of us needs to ask himself, “What will my life stand for after I have died?” We need to think about the footprints we will leave and how future generations will know that we have lived. I’m not saying we all have to be Mahatma Gandhis or Mother Teresas. Those were the paths that were mapped out for those people – and that they chose to live. Hence, we all need to conduct our lives in a way that will allow us to transcend ourselves.

(Concluded)

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right way up and any darkness into light and anything negative into positive and any sorrow into happiness. For all these, you need wisdom, maturity, realisation, constant effort and awareness and a love for truth and feeling happy and at one with yourself and life.

LOOK FOR THE VIRTUES IN-OTHERS

Today, I am going to experiment and make a genuine effort to see at least one virtue in every person with whom I come into contact. I know that no one is perfect, so why dwell on anyone’s defects? If I actively search for goodness in others, it can be found. There is not a single human being in existence, who does not possess at least one virtue. I will at least see that and look at each person with that particular virtue in mind. This has a great effect.

If I am thinking about someone’s weakness or defect, I may become uneasy and irritated. I feel annoyed and wonder, “Why does this person have to be this way?” and “Why does this person do such-and-such a thing all the time?” On the other hand, if I am thinking about someone’s good qualities, I begin to feel lightness and easiness within my mind. Then I am influenced by the sweetness of that person. The world is a variety show, and the role of each one is different.

**“A house divided against itself
cannot stand.”**



– Abraham Lincoln