

The Human Soul

Anger Is Your Guide

Introduction

Reminders of how Divine Love enters the soul, Holy Spirit, the spirit of Truth connection
 What prevents us from accepting Divine Truth? – Our desire to hold onto our emotional errors
 HUMILITY = The passionate desire to experience and release ALL of our own painful emotions & experiences
 FEAR = False Emotions (Expectations) Appearing Real - 1 John 4:18. “Perfect Love throws fear aside”
 ANGER is a guide through fearful emotional beliefs, & into deeper emotional release
 ANGER is one major resistance to humility, so it tells us when we are NOT being humble

What Is Anger?

For the purpose of our discussion, anger includes:

Mild annoyance, mild frustration, mild irritation, annoyance, frustration, irritation, aggravation, dismayed, disgruntled, displeased, exasperated, impatient, enraged, furious, incensed, outraged, indignant, irate, livid, outraged, fuming, belligerent, aggression

When any of the above emotions are allowed to fester and remain within our soul, we become:

Resentful, harsh, cruel, unkind, unsympathetic, insensitive, callous, ruthless, inconsiderate, unforgiving, bitter, offended, insulted, hurt, slighted, snobbish, animosity, appalled, contemptuous, disgusted, dislike, hate, hostile, repulsed, disdain, jealous, envious, abusive, insulting, vindictive, revengeful, spiteful, rebellious, scornful, acrimonious, violent

Anger frozen and left remaining within the soul is VERY difficult to access and release

Many in the spirit world live in this state for 1000's of years
 This frozen anger is the major cause of a lack of love on the earth today

Why We Suppress Anger

We are afraid of society/personal judgments regarding experiencing anger
 We feel ashamed of the anger that exists within us and do not wish to feel that shame
 We believe that a person who is “spiritual” or “developed” would never get angry
 We believe that just the experience of anger is a “sin”
 We are afraid of how other people will view us if we are angry
 We are afraid of having even more harsh treatment if we become angry
 We are afraid of being punished for our anger

How We Suppress Anger

We deny we have anger. Like yelling “I’m not angry!”
 We intellectualize away and repress the anger. “I was not angry!”
 We avoid things that make us angry. “I just don’t spend time with annoying people!”
 We blame other people for our anger. Projection “I’m only angry when I am around you”
 We disassociate from our anger. “I don’t remember being angry”
 We minimize our anger. “I am angry sometimes, but it’s no big deal, I did no damage”
 We justify our anger. Justifying “I am angry but you would be too in the same situation”
 Use intellectual/spiritual argumentation to avoid our anger
 Use avoidance techniques including meditation, sex, eating, alcohol, drugs
 Use tools of distraction to avoid feeling the anger
 Use humor/sarcasm to cover over our true angry feelings
 Go into complete emotional shutdown and depression
 Feeling “tired”, “exhausted”, depressed, alienated, aloof, apathetic, bored, cold, detached, distant, distracted, indifferent, numb, removed, uninterested, withdrawn

What Are The Signs We Suppress Our Anger?

Law of Attraction Events Demonstrating Our Suppression of Anger

Physical symptoms in our body such as:

Rashes, irritating skin conditions, itchy skin, sores that do not heal, pimples, ulcers, boils

Attraction of bites from insects

Enjoyment of, or attraction to books, movies, music that contain angry themes

Constant irritating/frustrating events that cause us mild annoyance or that we try to change

Partners with conciliatory emotions (who allow us to get angry with them without leaving)

Friends with anger emotions (we have anger about similar things)

Friends/family feeling like they wish to avoid our company

Depression (we have chosen to suppress all anger)

Results of Suppression of Anger

Our suppressed anger is automatically projected at the universe and damaging it. Eg. lighthouse

Our suppressed anger causes the physical interruption of processes governed by love

Stops body healing, destroys natural environment, causes ecosystem destruction

Our suppressed anger harms our own body, and is a major cause of fatal diseases. Eg. Cancers etc

Our suppressed anger prevents us from connecting at a loving soul level to other people, and to God

Reasons Why We Get Angry

We intend and choose to avoid the experience of deep causal painful emotions within ourselves

We want to feel “powerful” rather than feeling “powerless”

We want to protect ourselves against “future” harm (really our interpretation of past harm)

We want to blame, punish and condemn others, and need excuses to do this

Not letting the person “get away with” the “pain” they have caused myself or others

We want others to feel guilty and sorry for their thoughts, words or actions

Not wanting to “forgive” emotionally

We want to punish others for the damage we feel they have done to our lives

We desire to defend or attack in order to prevent experience of causal emotion

We want to avoid a potentially painful emotion or experience

We expect another person to satisfy an emotion we are unwilling to satisfy ourselves

We desire to control or manipulate others into doing what we want by pressuring them

We do not wish to see ourselves as we truly are, we hold onto a false perception of ourselves since it feels good

The 2 Primary Forms Of Anger

Childhood Anger/Rage

The result of forced or chosen childhood suppression of repetitive childhood experiences that cause grief

When a painful childhood experience happens repetitively, the child has no chance to release => anger

If the child is expressing a parents suppressed emotion, then punished, leads to anger, then punished

Childhood anger/rage will need to be experienced in the process towards experiencing childhood grief

Childhood anger/rage will disappear when the underlying childhood causal emotion is experienced

Adult Anger/Rage

The result of an adult choice to suppress any experiences that cause the trigger of deeper causal emotions

Adult anger/rage does not ever need to be experienced if we are fully choosing our causal emotions

Adult anger/rage will disappear when the underlying causal emotion is experienced

Adult anger/rage is the choice to defend “the castle of pain” within & will disappear when defense stops

Also the choice or expectation to have others satisfy emotions that we do not want to satisfy ourselves

Living In Anger

“The Angry Activist” – Being in a rage with the world or people and expressing that anger through activism

“The Angry Feminist” – “The Angry Young Man” - “The Angry Artist”

“The Depressed” – Suppressing rage by shutting down all emotional response, making others responsible for us

“The Manic Depressed” – Suppressing powerlessness by desiring power through spirit connection

“The Zen Spiritualist” – Suppressing anger by detuning from desire (unfulfilled desire usually triggers anger)

“The Calm Intellectual” – Suppressing anger by using “logic” argumentation

“The Escapist” – Suppressing anger by using external tools of denial that bring

The Anger/Denial Relationship

When the experience of anger is denied, the anger is then stored within our soul
 Anything stored within the soul is ALWAYS projected, 24x7, awake or asleep
 The projection of anger is the choice to deny anger, or the choice to direct anger outwards
 The projection of anger is ALWAYS unloving & selfish, because it harms everything in our environment

Why Anger Is Your Guide

Anger is a very clear guide to the emotions within us that we are suppressing that make our life miserable
 Our anger is our pathway home to Truth (since when we are angry we easily see that we must be denying truth)
 Our anger is our pathway home to Love (since when we are angry we easily see that we must be denying love)
 Our anger rapidly exposes all hidden emotions and demonstrates where we have a lack of humility

Practical Ways To Experience Anger

Pray to God about desire and intention to use your anger as a guide to experience the emotions under the anger
 Become aware of every anger based emotion from mild annoyance & frustration to rage and fury
 Become aware of the choices you make to deny your anger, or to block your anger
 Talk about your anger freely, to enable a connection to it without judgment
 Recognize the situations that trigger anger

Make an Anger List - the situations/events that trigger any form of anger within you
 For each item on the list:

- Write down what you normally do in these situations
- Write down why you feel you should get angry under those circumstances
- Write down what you are afraid of for each situation
- Write down what emotion you maybe afraid to feel in each situation
- Write down what you imagine you would do if you were at-one with God

Make an effort and choose to experience the anger in each situation in a responsible way

Make a personal commitment to refuse to project your anger externally to others

Allow verbal expression: Yelling, screaming and swearing

Allow physical expression: Boxing bag, gloves, baseball bat, Tennis racket and pillows, rubber pipe

Generate a longing in your heart to experience all of the emotions that anger covers over

Pray to God about developing a desire to feel the underlying emotions rather than just avoiding them

Follow up on your prayer by stopping yourself in each angry situation from projecting to others

Follow up on your prayer by beginning to allow yourself to feel what is underneath the anger

Choose to emotionally experience the cause of each angry feeling

Eg. I am angry because I am ashamed of myself, commit to feeling the shame instead

Eg. I am angry because I am afraid, commit to feeling the fear instead

Eg. I am angry because I feel unloved, then let yourself feel unloved instead

Eg. I am angry because I do not want to cry, then commit to allowing yourself to cry instead

Eg. I am angry because I feel powerless, then commit to allowing yourself to feel powerless

Eg. I am angry because I am afraid of pain. So allow myself to feel pain

Eg. I am angry because I am afraid of intimacy. So place myself in a position of intimacy

Eg. I am afraid of punishment. Choose to remember when I was punished, and feel the emotions

When Anger No Longer Exists

1 John 4:18. "Perfect Love throws fear aside"

When we have learned to love perfectly, we will no longer be afraid of anything at all

When we are fully choosing all of our emotions, we will no longer:

Use anger to force others to be responsible for our emotions, nor hold onto false perceptions of ourselves

Use anger to prevent the experience of our own deeper causal emotions

When we understand the Divine Truth emotionally, no place will be left for fear, or anger

References, Music and Movies

Movie: "The Merchant of Venice" 2004. Al Pacino, Jeremy Irons, Joseph Fiennes

Movie: "Bang, Bang, You're Dead" 2002. Thomas Cavanagh & Ben Foster

Movie: "Magnolia" 1999. Tom Cruise, Julianne Moore & Philip Seymour Hoffman (MA Rating)

Movie: "12 Angry Men" 1957. Henry Fonda & Lee J. Cobb

Reference: "The Bible". 1 John 4:18, Mark 5:36, John 16:33.

Reference: Natural Love "The Heart Of The Soul" by Gary Zukav, Linda Francis