



Meditation on Anger

All kinds of things can make us feel anger. We may get angry at our friends when they hurt our feelings. We might get mad at ourselves when we make a mistake. We get mad at our parents when they don't seem to understand us. We get mad that unfair things happen in the world; Both to other people and to ourselves. We get angry when people are cruel, mean and thoughtless to each other.

We cannot stop from feeling anger. But we can stop anger from hurting us, and the people we love and care about. We can stop letting anger make us feel overwhelmed, and out of control. We can choose not to react to it.

Picture yourself in a situation that would make you angry. How does that anger feel? Does your heart pound? Do your muscles ache because you feel tense? Are you hot? These are some physical symptoms of anger. What about mentally? Is it hard to think clearly? Do you have a hard time understanding your own thoughts, let alone others? Think about how you normally react to those feelings of anger.

Now picture all that anger inside you as a flaming red light. It is scorching every bit of your body. Destroying your peace of mind. Destroying your happiness. Now picture yourself gathering up all that light and shaping it into a ball. Gather it from all corners of your body...from your fingers, your ears...your toes. Now imagine a clear white light in the center of that angry red ball. It is small at first, but growing quickly. The clear light is calming. As it grows your muscles start to relax. Your heart slows again...your thoughts grow clear. The clear white light grows steadily until all the red is gone, and it keeps growing...healing your body and calming it.

You think about the situation which made you angry and now instead of the red anger overwhelming you, there is a calm clear white light in your very center. When you focus on it, it helps you stay balanced, focused and calm. You notice that there is anger inside you, but that anger does not take you over or become you, as it did before. You are in the white light watching the anger rise and fall away. You can think clearly, your muscles are relaxed and you are breathing steadily.