

# Anger A Futile Emotion

Emotions are a part and parcel of our lives. We have emotions that motivate us and also those that demotivate us. Emotions determine our behavior and personality. Emotions also decide our inner states of being. Our inner states are the ones of peace and tranquility. Also there exists a contrary inner state of tension and turmoil. Peace and tranquility is conducive for our well being and growth. Stress and turmoil is hazardous to our health and relationships. Our productivity and happiness are a function of the state we choose to be in. We can choose our emotions and inner states provided we take responsibility for them.

Let us look at anger. Anger is an emotion that completely paralyses us. We get into a situation where our thought process and actions come to a complete standstill. Very few of us have contemplated the kind of effect it has on us. At home anger results in a complete mess and disharmony. In office it results in immobilizing our creative and decision making capabilities. Anger is nothing but a temporary state of insanity.

All emotions are ultimately a dissipation of our own energy. Energy can flow out or it can be utilized within. A creative energy is internal utilization. Anger is wastage of our energy, a futile discharge. This can be however prevented through awareness. We have to first understand that anger is ours. It does not belong to someone else. Our natural argument is that the outside object or person makes us angry. Please understand that it is not a right argument. Anger is our emotion. It can also be our choice to not react in an angry way. Also we need to know that everyone takes choices which they think are best for them. We have no control on their choices. We become angry because they do not take the choice we wish them to take. So the only way out is to arrive at a consensus or a complete acceptance of the situation. Anger will only further worsen the situation. So the fact is nobody can make us angry. It is an emotion that is completely ours. And since it is ours we alone have the choice to do something about it.

Sometimes we do not accept this and we must then know that we are being completely controlled by outside forces. For some of us it is a control drama. Use of anger to either get away from a situation or to manipulate it. But be aware that everyone knows this trigger and it can be used to manipulate us also.

All negative emotions seek approval and so does anger. We get angry because certain expectation has not been met. When this happens we set off a fight or flight option. Anger is an option of fight. But there is a difference. Anger results in a complete loss of control on the situation. Just recollect your colleague or someone dear choosing to throw tantrums. In my opinion it seems very stupid for someone to behave in such an immature way when the matter can be resolved amicably. But somewhere there is an internal trigger that automatically erupts an emotion of anger. Anger results in a state, which is stressful for everyone. It results in a whole lot of psychosomatic disorders.

Anger should not be controlled. When we control anger it is suppressed. Every suppressed emotion sometime or the other will come out in a terrible form. The only solution is awareness. We have to be aware of what anger is doing to us. It starts with becoming aware that we are now angry. This is difficult because the moment we get angry we lose awareness. However it does not matter. After we have released our energy of anger, we need to

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be with its residue inside us. Just to become aware of what the emotion does to us. Be complete with it. Some how whenever we are complete with this emotion it stops its reoccurrence. This energy transmutes to something positive and creative. Thus anger gets channeled into some positive form. Then the next time this trigger of anger is bypassed into something creative. There exists a realization within that it is ultimately we who will suffer in the end.

We do not have to be a 'yogi' to give up anger. We just have to understand that anger does no good. It has done no good to anyone. Even a bully displaying false anger is no credibility ultimately. No body wants to be in company of people who lack harmony. There exists too much disharmony everywhere. So the preference always is to stay away from it.

So become aware of this emotion. Become aware that we get angry every time we expect something from others. We need to take responsibility and become mature. We need to experience the anger within us. It will then transform into something beautiful. This will only add to our personality and health.

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