

# Anger Revisited<sup>1</sup>

## Introduction

Each of us has anger inside ourselves. Each of us desires to be more conscious when anger is there.

## This Article's Inspiration

A person was very angry with me in the last Thursday group. She worked very well during this time. She didn't get consumed or lost by the anger. The exchange has had a very positive result for her, for other people in the group and for myself.

## Anger

Anger always comes from fear. A person has been hurt. This hurt is unhealed and is acting out as anger. When we're scared or insecure (these are both forms of fear), then we can use anger to push a person away.

Anger has an energetic charge. This is very known to us. When we're angry our body has an increased energy and an increased tension. The increased energy and tension are strong. Our mind is ungrounded, going fast and going faster than our usual ability to monitor it and keep up with the thoughts. What we're saying has a strong charge to it. We can say things that, if our thinking could have slowed down time, we wouldn't have chosen to say.

## My Worst Behavior With Other People

Being raised with an angry father and being on the receiving end of his anger many times, a person might think that I wouldn't want to produce such a harmful behavior toward another person. And yet, I've been angry to people and said angry words; especially toward people that I've been close to.

It's easy for me to recognize that my worst behavior with other people has been when I'm angry. These times cannot be taken back. They happened. In an obvious way I can say that it would've been better for this angry behavior to not have happened. I wouldn't have hurt the other person and I wouldn't feel so bad about my behavior.

A major way that learning happens on earth is to do things wrong (not in the best way possible) and to learn from our mistakes. For me, feeling the hurt that has happened from my times of being angry has made me extra vigilant when I'm angry and when I'm with another person.

Pema Chodron talked on a CD called '[Fail, Fail Again, Fail Better.](#)' She said that we're going to fail and we're going to fail again. Since we're going to fail again, then let's find out if we can fail better. I'm not under the illusion that I won't get angry again. Anger will come up in me many more times. The purpose of this paper is to help myself, and possibly others, do better in the future when we're angry.

### **Density Is Density Is Density**

*My view is that every dense emotional feeling and every dense mental thought has a corresponding anchor point or storage point in our physical body.<sup>2</sup> Many times a person in the group meeting has gotten in touch with anger when I put my hands on the person and press into a dense and painful spot on their body. This tight, painful (to pressure) spot is the physical anchor point for the held charge of dense-negative thoughts and/or dense-negative emotions. As the physical anchor point releases, so also releases the charge of the dense emotions and thoughts. Without a charge, the emotions and/or thoughts have no power over us; they turn into just another story, of so many stories, in our life.*

*My view is that as when physical density (usually in the form of tension) is released from an anchor point, that the corresponding dense emotions and/or thoughts are also released. Also when we release dense emotional energy or dense mental-thought energy, our body feels more relaxed (the physical anchor point can release).*

The relation of physical anchor points being present for every held negative emotion and every held negative thought began for me over thirty years ago when I attended a talk given by [Swami Satchidananda](#). In this talk he said: "The body is solidified mind." At that moment my life made a turn and I was set in a new direction.

I'd been a chiropractor for about five years. I was very familiar with the correlation of the body and of the mind. As one is affected, so is the other. This statement that the body is solidified mind brought the relationship of body and mind as not just being interrelated, but as being actual mirrors of each other. *The only difference between the body and the mind is that the body has more physical density than the mind.* The idea of physical anchor points for held emotions and held mental-thoughts has been shown to me countless times in the thirty six years of working with bodies.

Over eight years ago I met my teacher. Through his work I've witnessed the freedom that happens when the physical anchor points are released. This somatic (body) release of the physical anchor points is not addressed in usual counseling therapy, and, in my opinion, this is a major reason why talking counseling therapy can many times progress so slowly. I've watched people progress very fast through long held issues by working with my teacher. There is no end to the freedom that people experience as they continue in this type of work.

Our theme for this year is to lighten up. Everyone in group this year has been lightening up. Density of emotions, density of thoughts and density in the body have been releasing; bringing each person closer to feeling and being who they really are; which is made in the image of God.<sup>3</sup> Lightening up is progressive. As the year has gone on there is more and more lightening up; more and more living as our True Self, and less and less living as a reactive person.

### **How Anger Is Primarily Released In Our Group Setting**

*Anger is primarily released in our group by letting go of the charge that anger has inside of our body and inside of our mind through our voice and also through body movement. We can let the energetic charge of anger release by screaming or through moving or shaking our body. We also use dancing as a way to discharge held energy.*

We don't have to know the exact thought or the exact emotional content of our anger; we can feel anger and that's enough to work with the anger. When we have a story attached to the anger (and very often a story is attached to the anger), the story can get in the way of the energy charge releasing because we'll be caught in our mind and not focused on releasing the charge in our body.

### **Being Very Angry With The Person In Front Of You**

Probably the hardest emotional situation for us to be involved in is when we're very angry with the person right there in that moment, or when the other person is very angry with us right there in that moment.

There are occasional and significant times in a group meeting when I'm talking with a person and they'll become very angry with me. As I already mentioned, this paper began because a person in group was very angry with me in the our last meeting.

There were four times last year when a person became very angry with me. Two people left the group. Two people worked through the anger. Of the two people who stayed, their sharing and our relating deepened as a result of them working through this anger. Our trust with each other also deepened. They knew it was safe to be angry with me and I also gained a deeper trust in working with them. They could express exactly what they felt unfiltered. We stayed present enough to work with the anger.

This year (this is being written in June) there's only been this one time of a high level of anger toward me. There have been many times this year when people have been 'ticked' (low level of anger) with me. This is very recognized by both of us and much easier to work with than when a person has a high level of anger.

Anger has come up in group many times for people toward another person not in the room or toward themselves. These types of anger are much more removed than strong anger being expressed toward someone right in front of us.

In over four years of working with people in the group, when anger has come up strongly to someone in the room, the anger has always been toward me and not toward another person in the room. The anger has never come close to being physical. It's been an emotional energy.

### **If Not In Group, Then When?**

If we cannot work well when we express our anger in this group where we've been working together for quite some time, then how well are we going to be able to work with anger when it comes out toward someone we're very close to?<sup>4</sup>

Previously an article was written called [Being Triggered](#). Whenever we're triggered, anger already inside us has been ignited. If there was no anger inside us, then people could say anything to us and we wouldn't become angry.

There is a childhood saying: 'Sticks and stones may break my bones, but names will never hurt me.' The original saying was: 'Sticks and stones may break my bones, but *words* will never hurt me.' Oh, if we could live this way! ..... where another person's words cannot hurt us. *Another person's words cannot hurt our True Self. It's our ego that gets offended by another person's words.*

Being roused to anger by someone else ignites the anger already inside us. Most of us don't look like we're harboring anger. We're generally kind toward others and usually show a noticeable degree of patience during difficult times. Yet anger lives in each of us.

I can get all flustered and bent out of shape by words from a person when I'm not being physically threatened. Seems there's an obvious degree of non-peace (and an obvious degree of anger) inside me to get so upset by words. My memory is that as a child I did believe, and act from this belief to a large degree, that names/words will never hurt me. At times, I've traveled far (and in not a good direction) from this simple truth.<sup>5</sup>

### Our Potential Future As A Group

The group setting that we currently have is a prime place to work on anger. As mentioned, anger toward another person not in the room, anger toward themselves and low level anger (irritation, frustration) when working with me have been worked with well by the other person and by myself. High level anger much more difficult to work well with.

The group is maturing and I'm maturing as a facilitator. The people in group and I have interacted many times. *The maturity of how the person handled the high level of anger in the last meeting may be a marker that people in the group and I are ready to go deeper into any strong anger that is held inside and to work with strong anger.*<sup>6</sup>

As she and I were working together the room became very quiet. Some days later a person in group told me how much they gained during that time. To witness strong anger and two people being more present, gave this person a reference to how they can be when they have strong anger.

Anger is an emotion that each of us has a hard time with. Since strong anger has rarely come up in the group meetings, let's use this time as best as we can. We have a saying in the group: 'It's a pity to waste a good crisis.' Since strong anger is rarely directed at a person in the room, let's find out if we can use these very infrequent times to work better with strong anger. Strong anger is probably the hardest of all emotions to work with when both the anger is strong and the person who the anger is directed at are both right there.

May all beings be the peace that they seek.

### Footnotes:

1 Other articles have been written about anger. Some of these articles are [Being Triggered](#), [Moving Forward When We're In Reaction](#) and [Anger](#).

2 I've written about this topic of physical anchor points in other articles. An article

that addresses physical anchor points is [Moving Forward When We're In Reaction](#). The topic of anchor points is found on pages 4-7. Also pages 4-5 in the article [Letting Go](#) has a section on anchor points.

- 3 Genesis 1:27 says: "So God created man in his own image, in the image of God he created him; male and female he created them."
- 4 The group is currently closed so no new people have been coming to the meetings. This has made everyone feel extra safe. They know each other well. Each person many times has been very vulnerable during their sharing. This vulnerability has developed more trust with each other.
- 5 I'm amazed by the true story of some Buddhist monks in the 1950s who stood peacefully when the Chinese came into their Tibetan temple and killed them. This is being at peace when the most horrific behavior was occurring.
- 6 The person in group that worked so well in the last meeting with her anger now holds less anger, has more love and has more forgiveness. If not handled well, an anger outburst can build more anger in the person expressing the anger and in the person that the anger is directed to.