



ANGER - A DISASTER TO PHYSICAL AND MENTAL HEALTH

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ABSTRACT

The purpose of life is to lead a happy life. When one's mind is full of negative emotions such as anger, he/she cannot lead a happy life, therefore leading to physical and mental health problems. Anger is a wild fire, a forest fire which spreads from shrub to shrub, tree to tree consuming everything that comes its way. Unless anger is not neutralized one cannot get peace and happiness at any time. Therefore for one to lead a happy peaceful life physically and mentally one should learn to forgive, introspect themselves and neutralize their anger. Introspection is a method by which one can analyse themselves and convert all emotional qualities into good qualities and help achieve the purpose of life.



KEY WORDS: Life, Negative Emotions, Anger, Introspection.

INTRODUCTION

Man has been gifted with the sixth sense. The sixth sense helps one think, analyse and live life the right way without causing any harm to oneself or others physically and mentally. When a man lives in the world of illusion he becomes confined to his senses thereby causing pain or harm to himself or others. Pain or harm is caused when one's mind is filled of negative emotions. "We are what we think. All that we think arises with our thoughts. With our thoughts we make the world." - Gautama Buddha

According to Bhagvad Gita human suffering is real, but not permanent. It is caused by faulty thinking, perspectives, beliefs and attitudes. There is no man without a mind. As thoughts emanate from the mind, so do negative emotions. The mind is an instrument of cognition, of knowing things, knowing the material world. The soul is a ray of God 'that' which you are essentially are. The mind is an instrument which we try to understand things. The mind is discursive, while the soul is synergic. While the soul integrates everything, the mind analyses everything. We need the help of our mind in doing our work on the physical plane. One may be alone, helpless or in distress, but our mind is ever ready to help us and guide us to overcome every situation. It is up to us to use the mind in the right way.

Negative Emotions: Negative emotions can be described as any feeling which causes one to be miserable or sad. They have become a sign of weakness and inadequacy, forcing us to internalize how we are feeling. It stops us from thinking, behaving rationally, seeing situations in their true perspective. Emotions that become negative are hatred, anger, greed, vengeance, lust, jealousy and vanity. Negative energy is generated by negative emotions, which drag us down and cause unhappiness to us and others.

Anger: Anger is a basic emotion that is experienced by all people. Typically triggered by an emotional hurt, anger is usually experienced as an unpleasant feeling that occurs when we think we have been injured, mistreated, opposed in our long held views or when we are faced with obstacles that keep us from attaining personal goals. Anger or any other emotion overwhelms man when he/she is in a state of forgetfulness.

Anger - The Most Dreaded Quality: Anger is more destructive than fire, more disastrous than an earthquake. In anger individuals fight each other with dire consequences, nations fight each other and thousands of young precious promising lives are lost. Anger is an eroding emotion. It is natural, but a negative emotional response to stress or opposition. If we do not deal with it firmly and positively, it will keep on destroying our inner selves.

Who do we usually get Angry With? It may be observed we very often get angry with those who spend a major part of their time with us showing care, affection and making sacrifices for us. In other words it is our parents, life partner, brothers, sisters, relatives and friends. Poet Ambalavana in his collection of poems called 'Arapaleeswarar Sathaham' describes Anger as "the father and mother of all sins". He also says that anger will make a person 'lonely' without any relatives or friends around him/her.

Causes of Anger: The causes of anger are needs, likes, dislikes, expectations, materials, fame, power and sensual pleasure.

Effects of Anger: Anger affects the body and the mind in the following ways:

Physical Health: When a person gets angry he/she activates certain glands in the body. The researchers have found that when someone has an angry outburst their body releases unhealthy amounts of adrenaline and cortisol hormones in the blood stream. This heightens blood pressure and increases heartbeat, which may lead to conditions like stroke and heart attack.

According to Fox News, Redford Williams, the director of Behavioural Medicine Research centre at Duke University noted that these unhealthy levels of adrenaline have a negative effect on almost all aspects of the body's physical functions.

According to Dr Mercola, a highly regarded and widely published natural health practitioner, our automatic anger responds to health problems like: headaches, digestive imbalances, insomnia, anxiety, depression, skin problems including eczema.

The face reddens, body trembles, muscles of the arms and legs tighten. Stomach ulcers are also caused by anger.

Even the Highly Conservative Centre for Disease and Prevention (CDC) admits that 85% of all the diseases have a strong link to your emotional state.

Mental Health: Anger causes sudden increase in energy to hit the brain cells. It causes memory loss, low IQ, poor concentration and no harmony. The mental frequencies goes up to that range of 25-35 cycles per second, thus leading to excess consumption of life energy.

Personality: One becomes a loner. No one will want to come near you, thus resulting in Isolation.

Spiritual Health: Anger decreases our life energy. One will be unable to meditate.

Defeating Anger: Anger should never suppressed. Suppression drives anger into the subconscious. When a person tries to control anger it becomes double. Anger is inborn. It cannot be totally eradicated but can be neutralized through practice.

POWERFUL TOOLS TO NEUTRALIZE ANGER:

1. **Forgiveness:** Learn to forgive and forget all injuries and insults dealt to you. One should forgive and be free. Revenge and retaliation are best left to time. The impulse to take revenge only leads to negative karma. Every night before you retire to bed it is a good practice to review and analyse the happenings of the day to check if someone has cheated or offended you, call out that person's name and say "I forgive you". You will have a peaceful sleep.
2. **Adjustment - Tolerance - Sacrifice:** One should try to adjust and give way to others. Tolerance in the other words is patience. Patience is a virtue, one should remain calm and tolerant in the face of anger, and also learn to sacrifice for the sake of others.
3. **Understanding:** One should learn to be a good listener and understand the other person, should not criticize or find fault in others.
4. **Refrain from Causing Pain to Others:** Vethathiri Maharishi has given a Two Fold Culture, if practised regularly it will help one refrain from causing pain to others, thereby moralizing one's character:
 - i) I, during my life time, will not harm anyone in any form.
 - ii) I will always try to help the needy and remove their worries and also protect them.
5. **Introspection:** The sixth sense of man enables one to identify good and bad qualities. The bad qualities which result in pain to self or others are to be removed. To clear away all the bad qualities, the art of inward looking introspection practice comes handy. "Go deep into yourself, analyse the bad deeds which were the results or emotions, get rid of those emotional imprints and refurbish your mind." This is called introspection training in yoga. Such an examination is called "Self-Analysis".

Neutralization of Anger - Practice (Given by Vethathiri Maharishi)

1. Meditate for a while and bring the mind to a tranquil state.
2. Make a list of people with whom you are prone to become angry most often, followed by others.
3. Take the first name in the list, and seek answers to the following questions:
 - a. What is nature of my relationship with him/her?
 - b. What are the reasons behind my anger?
 - c. What is my role in it?
 - d. What was the earliest experience, the final outcome? Was it good or bad? Did anger serve the desired purpose?
4. Research into these questions with all the names in the list. Find out the reasons and expunge them.
5. Having completed the exercise, one must consolidate the conclusions, and prepare a plan for the future regarding anger.
6. A process of **autosuggestion** gives the best results. Bring the person with whom you most often get angry into your mental picture and say, "I should not get angry with you again. Because of my effect of anger, I am losing my energy - physically, mentally, financially and in other ways. So in my own interest, I should be at peace with you. Be blessed. For your part, you should not be angry with me. I have decided to be tolerant with you, whenever I am with you, I will be very careful not to get angry."
7. In the mental picture you should repeat the words several times as autosuggestion. Further imagine yourself in circumstances under which your anger arises.
8. Try to conduct yourself with understanding and awareness for few days; you will not become angry with that person.
9. Once the first name has been dealt with successfully, the second may be taken and the same process is to be repeated. It will be easier on account of the previous experience and can be achieved faster. Continue to go through your list in this manner and if you achieve success with eight or ten people you will never get angry again.

Training in Neutralization of Anger

| S.No. | Names of People who I get Angry with | Relationship | Reason for getting angry | My role | Previous happenings (Experiences) | Vow |
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CONCLUSION

“You will not be punished for your anger, you will be punished by your anger” - Buddha. Anger doesn’t solve anything; it builds nothing, but can destroy everything, thereby creating more and more bad deeds. To eliminate our bad deeds we need to cleanse our mind regularly. Introspection and moralization of character helps one in the process of mind cleansing. As everything starts within our minds, if the mind is cleansed regularly one can lead a happy and healthy life physically and mentally thereby eliminating bad deeds.

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