

Peace of Mind

-by Jacquie Clarke

Anger is an indicator of what matters to you

As I meditate, I become aware of my patterns with emotions. Anger comes in various strengths, ranging from mild irritations to raging furies. What I have come to know through meditative studies and behavioural psychologies is that anger is a natural response to situations that seem unfair, where rules have been broken, or you feel threatened.

Anger polarizes my stance. Anger is a focussing emotion. My breath becomes sharp, my body alert. My sights are targeted on the transgression. I say things like – you are not right, I don't trust him, that's a load of crap. Over time I have learned that pinpointing injustice with anger only causes more damage. Instead of making it personal and lashing out, I've learned to voice my concerns about the situation. I rephrase and say it doesn't feel right to me. I create dialogue to decide how to solve the problem. In terms of my own reaction, I strive to use the clues that anger has shown to me. Usually, my anger is triggered because one of my values has been challenged. I will get protective when the quality of my work is compromised. It is annoying to have to spend time with negative and destructive people. When I strongly disagree with a person, I feel pressured, cornered or aggressive.

Meditation has helped me to understand how and why my anger is ignited and to be able to feel the anger before, during and after the incident in a way that is intuitive and creative (rather than as a destructive and downward spiral). I have some insight into either diffusing my anger proactively, or using effective language to express myself. There are situations where I will still drop an f-bomb, but instead of feeling guilty or ashamed at my loss of control, I take it as another piece of life's puzzle. An ever changing puzzle that I am constantly trying to solve – how will I live my life to the fullest, how will I act upon my intentions on doing or saying things that bring me joy and peace. I spend less time in unfocussed anger and have more energy with conscious responses.

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