

Anger Management

Make Your Anger A Meditation



NITIN SRIVASTAVA

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By

Nitin Srivastava

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Published by Nitin Srivastava

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Nitin is an engineer and working as faculty member in an engineering college. Success and love achieved by his previous books, 'The God Factor.....', 'I Am Not Nitin and Ordinary' encouraged him to write further. Passionate about spirituality, he is trying to educate people and he is trying to upgrade human consciousness. He is trying to make people think differently and break the barriers of conditioning. Conditioning is the main hurdle in the path towards truth. Nitin is living at, Raebareli, India.

<http://www.nitinsrivastava.net>

<https://twitter.com/nitinsri982>

<https://www.facebook.com/nitin.srivastava.52438>

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Preface

This book that I am writing is for only one purpose that I want to see this world a calmer place. The more civilization and technological advancement is prevailing, the more human being is becoming perverted. And more emotional problems are happening to humans. I am able to see drastic change in human beings at both society and individual levels. This change of emotional instability is increasing the danger for humans to be more violent and this is happening continuously.

Anger is becoming a great problem these days. That is why I am so interested in writing this book. This book will focus on many aspects of anger and try to make you understand that how understanding, mere understanding can let the anger go.

Many people ask that for them it is very surprising to see me as if anger is a non-existent entity and then they ask how it is possible for me to control the anger. I always answer them that I have never controlled anger. And then they ask me, "If you don't control it then how do you behave stable; are you acting?" I have always told them that anger is not such a big issue as we feel about it and sometimes it is nature's gift that God has given to us.

Why is it a nature's gift? To understand this you can take the example of Lord Shiva in Hindu mythology. In Hindu mythology anger seems not a bad concept. Some of the

deities like Lord Shiva, Maa Kali do well by their anger. From their character you can understand that anger is not a bad thing but whatever nature has given us should be used in a proper manner. And read carefully, I said that it should be used. But how will you be able to use it? Because it is seen that you yourself is used by anger not that you use it; anger itself uses you. So this is the most fundamental question. How to use your anger? And that is why I have given this book the name 'Anger Management'. You have to learn how to manage your anger not to control it.

While reading this book you will not only learn to win your anger but you will go deep into spirituality.

Chapter 1

Anger Good or Bad

Anger, what the hell is it? Yes our general perception about anger is that it is a hell. It consists of hatred; it consists of sorrow but sometimes it seems to be necessary and looks like there is no solution other than showing anger.

But why am I talking about anger? What is the need of talking about it? Is it really such a big problem? I think so, yes it is a problem which needs to be talked about. I am surprised but yes it is.

One day when I was around twelve years of age I was passing by a busy market, I saw a very old man. He was feeling helpless as his son was shouting at him and abusing him in a way that I never thought such behavior a son could have towards his father. I was only twelve years of age and feeling helpless. The limit was crossed when he pushed his father forcefully and the weak old man fell down without resisting, he was helpless.

But thanks to God that some people around there came forward and helped the old man to stand again and took care of his son to sort out the horrible situation. I felt relaxed and moved by this sight.

But that incident formed a firm memory inside me. I can't forget that incident. Now when I am writing this book the incident is again repeating before my eyes like a movie. That is the ugly face of anger and that is why it needs attention.

Another example that I am now going to talk about, explains that in some situations it is necessary to use your anger. Sometimes anger does a lot.

'It took me a long time to understand that I was between a gang of robes.' She was telling her story to a cop who found her running blindly to save herself and collided with this man. This cop then made her walk with him towards a safe place where he was taking all the details about what happened to her.

“There were five men and one young girl.” She was telling.

“They picked me up from the road in front of my house. I was going right from my house towards Judges Lane, around 200 meters from my house to meet my friend Reena.” She told him.

She was Sanjana telling her story of kidnap and how she escaped from robes that kidnapped her. She was twenty five years old living with her husband and son. Her husband was a millionaire and because of this he had a long list of enemies. Money has the capability of both to make your life a heaven or hell but more for hell; it is only your ability to become aware or meditative that can make your life a peaceful abode in any situation.

She was telling her story to the cop. She was lucky enough that this man was passing through that road between the jungles of Chumble - a horrible place famous for the abode of dacoits.

She was passing by the road when a jeep came speedily fast and stopped close to her. Two men rushed fast out of it and one man lifted her by her legs while other lifted her holding her shoulders. She was helpless. And there in the jeep they gave her an injection of anesthesia. All of them were wearing mask on their faces.

When she was back to consciousness, she found herself amidst six people, five men and a girl. All of them were wearing khaki dress that usually is the dress code of dacoits

of this area. The place she found herself in seems like a hut made over rocks. And she was lying at the corner of the hut. They all were waiting for her to regain consciousness. She is now coming back. When she became fully conscious the dacoit girl gave her some water to drink. Now a tall man came forward placed his gun point on Sanjana's neck and asked her to give a call to her husband and gave her a mobile phone in her hands.

“What are you waiting for? Call him and tell him that you are safe till now but not going to remain safe if he fails to give us two crores of Rupees.” The man ordered her angrily.

Sometimes anger could only be defeated by anger.

She was a brave lady. She placed her hands on the gun and hit the man's left leg with her foot. “I am weak, I am alone, what the hell you are thinking I am a lioness you rascals and rascals like you can't defeat me.” She shouted loudly with a voice showing her anger.

The man remained shocked for some time because the hit was so strong that it almost fractured his left leg and he was now unable to stand. So another man helped him move to a chair where he could sit comfortably. But his left leg was in a lot of pain and required treatment.

When these things were going on Sanjana had thrown away the mobile phone given to her and thrown it to pieces. They didn't have another. Both, the loss of the phone and their injured friend were now a problem for them. Between these

the girl dacoit was alert and she hit Sanjana by a rod on her back and somehow found her hold back over Sanjana.

Sanjana was injured and fallen unconscious again. Finding Sanjana unconscious they decided to take their injured man to some nearby hospital. They decided that injured man and two others would go with him while one man and the girl will look after Sanjana and not let her run away. For that they gave clear instructions to tie her to a chair.

After around two hours Sanjana found herself in difficult situation as both of her hands and legs were tightly tied up to the chair. She was not even able to move her hands. She was conscious now but unable to move even an inch. A tall guy is standing in front of her. He came forward and slapped her asking, "What do you think you smart lady? Do you think you can run away? Forget it you bitch."

She couldn't speak as her mouth was sealed with the help of tapes. She was helpless. But internally she was very strong and she was not going to feel defeated that easily. She was in anger and she was thinking 'what to do'.

Suddenly she realised that the chair in which she was tied-in was not that strong as the joints were weak and moving when she tried to get rid of the tie. She realised that it could be broken to pieces if she apply force strongly. So, she started waiting for the moment they got distracted a little bit. But she then thought that why to wait for distraction if she could distract them herself. So she started moaning loudly as her mouth was closed - she could only do like that.

'What happened,' the girl dacoit asked.

'Open her mouth,' she ordered the guy.

'I'll not! She is making fool of us. I'll not open her mouth until our friends return.' The guy replied.

Sanjana started moaning more loudly as if there is some urgency.

The guy came forward and slapped once more over her cheeks. Now this was unbearable for Sanjana and she overturned the chair against the guy and tried to hit him by her head in full anger. Her anger was growing. As she tried to hit by her head over his chest a leg of chair broke down making her leg free and this was enough for the lady to attack more furiously. Now she had broken the chair completely by turning herself several times over the chair and in-between she had given three or more stroke to the guy who was standing in front of her and easily approachable. She untied herself from the chair and now she was holding one of the legs from the chair whose tip was tapered like a sword and can produce much damage if someone is to be hit by it. She used the broken leg to hit both of them hard, shouting like a lioness. Her shouts were so strong that both the enemies felt themselves helpless to think what to do.

After making both of them injured Sanjana ran away towards the door shouting in anger and to found someone to help. Finally she found the road over which she collided

with the cop she was now telling the story.

So you can see in the above incident that sometimes anger can be very useful and an angry person can show much courage than a normal person. Angry person if he or she is angry for right reason can perform very courageous acts. So in some situations it is good to be angry.

For example I sometimes use my anger over my son as drama. Sometimes I scold him showing my anger to make him follow certain things and I use it when he aggressively refuses to follow my instructions and I feel it may be dangerous for him to refuse. This is another example where it is necessary to use or show your anger.

Chapter 2

Understanding the Anger

That is the reason to name this book as Anger Management not like other books where methods to control your anger are taught. Rather I am going to talk about anger in a manner to make it understandable because there are many aspects in life which can be solved easily by mere understanding.

Anger and you are not same thing; both are different and the thing which matters is that that which one is on the

driving seat, you or the anger. If you are on the driving seat then you can never be in problem.

There can be two ways to express your anger: One that whenever anger comes express your anger as if anger is controlling you and throw your anger on the object of your anger. But this is a normal behavior and normally everyone behaves like this but this will ruin your image and will also affect your emotional behavior; and your nature becomes permanently like that and there will be a time that you would be angry at each and every thing, which would be dangerous. This is the type of behavior which is harming this world so much. This is the behavior that the problems like terrorism and hatred exist.

Other way is to suppress your anger; what your so called saints call it - to control your anger. But is it possible to control the anger. Anger is also a type of energy and it can't be controlled. If you try to control then you are doing nothing but accumulating this energy and which is going to explode one day in one form or the other and this is more dangerous than expressing. Controlling anger is like preventing a river to flow freely. The river will change the direction but will never stop flowing. The water can be accumulated and in future it can explode with more pressure. And this is happening with the so-called religious people. They are suppressing their natural emotions but they are going to explode one day in the form of terrorism or other violence in the name of religious or cultural justice or in the name of honor of family or society. This is because of

suppressed energies. And this anger is more dangerous. A person can even become a murderer when explosion of this energy take place.

There could be a third way that you can sometimes express your anger and sometimes control it. This could be a safer side and most of the cool and calm people we are seeing are doing like that. But this can't also help to make your understanding about anger better. And to make your anger a servant of yours you need to understand it. And only a fair understanding can help you to manage your anger. And in this book I am trying to make you increase your awareness, so that you can understand the anger.

And there could be a forth way which is the solution but difficult to understand by everyone in the beginning. So we will discuss it later on. Before we proceed to the solution we should discuss some methods that can help everyone to reduce anger. And this reduction in anger will further help you understand your anger in a better way.

Chapter 3

Replacement of object

This is the first method by which you can reduce your anger for the real object of your anger.

Let me explain with example -

Leena was consulting a psychiatrist for she was unable to sleep from few nights. The reason was her boss - who was continuously coming to her as a thought in which she was beating him with her sandals. And the thought is growing day by day. She feared that may be one day this thought will going to be a reality and she is going to beat him one day. And this fear is a problem for her and is giving her sleepless nights.

Daily morning when she started to get ready for office, she remains scared about how the day is going to be. She started thinking that if this is the day she is going to beat her boss and this could be the last day at her office.

So, she was consulting a psychiatrist. For her surprise psychiatrist advised her strange method. The psychiatrist asked her to take a photograph of her boss and beat that with her sandals five times in the morning and five times in the evening as if she is beating her boss in real.

She started performing the method on a regular basis. After sometime she found that her anger for the boss is reducing and the relationship with him is smoothening. And after some more time her anger for the boss has gone and the method becomes just a play for her and she is happy now. Even the method is not needed by her in present.

In the above method the real object which was her boss was replaced by his photograph and she expressed her anger on

its fullest over this fake object but as if she is beating her boss in reality. This provided a release of stored energy and relaxed her. This is better than suppression. And this is an intelligent method because in this method the expression of anger is happening without the knowledge of the real object. Also the social image of the subject and object is not going to degrade in any manner.

The method is good but from this method the understanding about the anger will not increase and only objects are going to change, one from another, but anger will be on the driver seat.

But this is a good method for the beginners who can't have much control over anger and for those people who are depressed because of anger and whose professional or social life is at stake.

You can try this method. Replace your object of anger by his photograph or some other symbol. Express your grief and anger over this symbol and within some days you will be able to reduce your anger over that person and you'll be at a better relationship with that person. You can try this method happily and without fear.

Expression is better than suppression.

But there are some drawbacks in this method and the major drawback is the habit of expressing your anger on one object or the other and there could be a day when you become habitual of expressing your anger and then it could be

anybody. So the method is very helpful but because it lacks understanding it could be dangerous also. And the method should not be used for longer times or with many objects. Take single object at a time. And when that object remains not a problem at all the method should be stopped. Never become habitual of this method. So use this with lesser frequency, means after solving problem with one object don't use with another or use after a long time and after minutely observing that there is a problem emerging again with some other person or object.

So judge when to use this method and use it after long gap.

Chapter 4

Being alone

The most beautiful thing in this world is being alone. You will be surprised when I am saying this. But this is true. You are alone. I am alone. Everyone in this world is alone.

It is the most beautiful thing.

In some of the old mental hospitals there was a tradition to put the patient into isolated rooms, where the patient's needs were fulfilled but he or she was not allowed to meet anyone. As time passes the patient started becoming healthier mentally and after some days or month he or she became

perfectly normal.

Why this happened?

It is because there was no interaction and the emotions like anger or fear withdrew by itself. The patient remained alone with their emotions and as time was passed patient started becoming aware that there is nobody to interfere with his or her emotions. So an understanding arose and in light of that awareness the disease was treated itself by its own.

This method could be helpful to treat anger. If you are feeling that anger is gripping you and you are helpless try this method; try to give yourself sometimes alone with nobody in your company. Remain alone for some time at least for one or two hours and you'll find that your anger is going.

Become friend of your own; give sometime to yourself; only you with you. This is the most unique company; company of yourself.

In these modern days the rarest company that exists is the company of himself or herself. And this is giving problem of this modern emotional instability, which is the root cause of all emotional problems. Give some time to your own being; to understand your own being - what you want with yourself, what you want with this world and whatever you want would that can satisfy your soul or that is only an illusion after which you are running. Ask these questions from yourself; get the answers. Dig deep.

The truth is that we know almost everything about this world but we don't know much about our own; we are strangers of our own self, of our own soul.

Try to become your friend and this will give you results. And this is very close to the third method which will give you real understanding about anger. And this method in itself a type of meditation in which you come closer to yourself and coming closer to yourself has many benefits. Coming closer to yourself gives you the real company and that is the company of yourself. Coming closer to yourself gives you deep understanding of your nature. Coming closer to yourself make you understand that when you were happy or when you were sad. It lets you understand the real emotional background of yours and you can now think of your emotional weaknesses and strengths.

When you are alone you are with your being and then your being can see all the rubbish and all the useful in your emotions and when you see the truth you can be with the truth and you can be calm ; you can be at peace. And you can decide the moments you should be angry and the moments you shouldn't.

And that is what I want you to understand that how to use your anger and be at driving seat.

Chapter 5

Anger as meditation

You must be surprised by the name of this chapter. How anger can be meditation? How anger can help to grow in meditation? But this is true. Anger can help you grow in meditation.

Zen masters generally use this method. This method is very useful and can be used with other emotions also but anger is the best of them to be used. Zen masters create situations in which the disciple becomes angry and when the anger is at peak the master ask him to stop and sit down with closed eyes and ask to watch what is happening inside; watch what play is going on with the emotions; just watch; don't interfere; just watch. And in watching, the disciple becomes aware that he was falsely angry, there was no reason to be angry and more than this he realizes that he is not anger; he and anger are separate things; and he realizes that he is just a watcher of the game going on in this world; this world is a drama and there is nothing that much serious to get engaged in.

Yes this world is a drama but this can't be understood by just saying it. It is a truth, but you have to realize this truth by your own. No one other than you can realize this fact for you. And this is the method by which you can realize this fact.

Anger is a very intense emotion and it involves a huge amount of energy. And this is the plus point in using anger because meditation also needs energy and the energy of anger can be used.

Use this method. This is the best method because it not only frees you from anger but also helps you to realize your real self. Use the situation in which anger is at peak. Don't show your anger on the person, instead close your eyes whenever possible. You will be surprised that at this time when anger is at peak and you suddenly close your eyes, there inside you, you'll create another world, a world similar to that in which you were angry. And you'll create a dream because your anger is still there and in that dream object of anger will remain almost over that same person. You will see yourself angry. But don't get involved in that; just watch. Watch this dream as if you are seeing a drama. And you'll observe that your anger is reducing and a time will come when your anger is gone. You will feel peace in that moment and the next time you perform this method it will become easier. Every time the peace will increase and hatred for the real object reduces.

But this is a difficult technique. Even the first step in this method to sit down closing your eyes when you are angry is difficult. Because you'll not even be able to remember in that wave of anger that you've decided to meditate. It'll be difficult. You'll miss the moment many times. But keep trying and after the first successful attempt this'll become easy for you.

The second step is more difficult. The second step was to remain untouched by your anger and just watch. But this would be difficult to just watch without involvement. Your nature and your attachment with your body and ego will not let you lose your involvement. But that will also start to happen slowly. Don't lose your patience.

And if you keep trying, you will be able to develop an understanding that this world is a drama and you can manage your emotions because you are separate from your emotions. You can watch Krishna, you can watch Ram fighting, but in that fight also you'll never see the anger. How their anger is different from ours? How Ram after winning over Ravana can perform his last rituals as if the rituals were to be performed for a loved one? How Jesus can ask you to love even your enemy?

It is because these were the people who understand that this world is not more than a drama and your real being is just a spectator.

This method will not only help you manage your anger but will also help you to know your being; to understand yourself better; to understand this world better because for real understanding the first step is to understand yourself.

So keep trying.

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