

Win Over Anger Through Patience

The fire of anger is burning among many families and it keeps increasing day by day. This fire is fanned by the storm of difficulties in one's life. It is like an epidemic disease, which spreads from one person to another resulting in Mahabharat war. Without any doubt anger is such a devil that, whichever person possesses it is himself /herself destroyed. This devil is black but the person on whom it mounts itself becomes red as a furnace. Those who chant do not have the chants, no doctors have any medicine to kick out this devil. A person with this vice becomes one with dull intellect. That is why it is said Anger starts with madness and finishes with repentance. Anger destroys one's consciousness. A person's blood becomes hot and circulates quickly which gives rise to many diseases. It is a sign of a weak personality; a strong person never gets angry so easily. An angry person is a coward who increases their difficulties. He/She experiences peace and happiness for a moment. He/She feels honoured only in fighting. He/She feels strength in it. They want to scare others, but in reality they themselves are afraid of everything.

Some members of your family may get angry easily but some have lesser anger or can control their anger and some find their anger uncontrollable and burst like a big bomb. Some feel tolerance is good but others feel answering back is a sign of victory. Everyone knows that anger is very bad. A person burns himself or herself and makes others burn as well.

There are many more losses through anger – constant hatred in relationships, tensions, family never enjoys happiness. An angry person speaks such unbearable words to others that they become enemies. Father and children, Man and woman and many fall prey to this anger and if you are in the same position, anger will keep sowing the seeds of failure. Though people will get scared of you, they will not co-operate with you out of love and respect. This anger has not even spared saints and sages. The anger of Durwasa and Vishwamitra are very famous. The intelligence of many philosophers goes unnoticed because of anger. People start to doubt their elevated work. They want to show their godliness by cursing people who try to trouble them. But whoever indulges in anger can be called a devil and on whomever it mounts itself on, that person turns into a devil for sometime.

What is the reason for anger? Where is its source? The first seed of anger is arrogance or ego and the second is a weak mind. The ways to increase mind power. Imbibe those ways and free yourself from anger. Coming into feeling or having a sensitive nature is also the reason for getting angry. I went to meet a prisoner in jail who said that he had got very angry with his wife on a small matter and he cut both of her hands which is why he is in jail for many years. He repents and

cries day and night but nothing can be done now. So, this is the result of getting trapped in this devil – the human loses his/her humanity and becomes inhuman. I

know one person who accomplishes many big tasks but indulges in anger at the same time, resulting in he being defamed all the time.

You must have seen many people who lose their temper over small things. Our neighbour had such a husband. One day his child broke a glass and this man got so angry and started beating the child so badly that his mouth started bleeding. The other neighbours had to save the child from getting beaten up and the man had to spend thousands of rupees on medication.

Many people on authority indulge in anger so that they control the entire staff but anger is not the way to control others. It is like trying to put out fire by pouring oil on it. How can a person control the anger of the staff when he/she cannot control their own anger? The subordinates will get even angrier and curse the manager behind his/her back. The manager will lose their respect since they insult others in anger and so the too will have to face insults sometime or the other.

The power and efficiency to work decreases when a person is angry. Their hands start to shake, their intellect becomes weak, they are unable to assess the situation and this destroys the work every time. The task that could be done in one hour by a peaceful mind takes two hours if the person is angry.

So free yourself from anger in this way. Before anger comes question 'why' it arises in a persons mind. E.g. why did he not obey me? why did he do this mistake? Why did she tell me this? Why did she insult me? Why did he disturb my sleep? Why was this not made in time. Why did he come late? So in order to know this 'why' please ponder on it for half a minute. That's it and you will be answered for why, and your anger will turn into peace.

Make an aim for yourself, "I don't have to get angry." You will get a lot of help. You may have heard or met many such people who have formed pledges, that they will not get angry under any situation. This results is an increase in tolerance power and a tendency to remain more and more peaceful.

When someone is getting angry with you, you do not have to talk, because at that time, your well-wishing words will sound like bad advice to the angry person. If your silence makes the person angrier, them reply with humility. But pay attention that your words do not increase their anger or fan their ego. If anger has become part of your nature, then inculcate this – "I am not a body made up of 5 elements. I am a conscious soul and my religion is peace. I am peaceful and blissful. God is my Supreme Father, who is the Ocean of Peace." This kind of inculcation will calm down your nature.

When someone speaks angrily to you, how do you feel? You definitely must want them to speak to you with love. Even lions can be controlled with love but when you yourself start burning in this fire, you probably do not take the pains to think about how the other person is feeling. In order to make your house a temple of peace, throw out this demon of anger from your house. Carry the weapons of patience and forgiveness. Sometimes importance is given to small matters and not to the peace of the house. One always keeps blaming

other for their own anger, but why do you allow anger to enter your life because of others? Someone has made a mistake but you too are doing wrong by getting angry. It is said that anger dries off the water in pots. There is no peace where there is anger. In the scriptures, demons symbolise anger, so become sensible and never allow yourself to get irritated over anything.

It is also seen that anger increases with age. Many old people are seen to sit in a corner and burn themselves in anger, day and night. They do not know how to pass the last few days of their life journey. The reason for their irritation is their ego or they think they are experienced. They think a lot but cannot do anything due to a weak body. This imbalance gives birth to anger. They keep shouting at their children, "You will waste away all of my savings, you will destroy the house...when I die, you will all die of hunger." The way they dominate is as if they alone are the bestower of fortune to their children. An elderly person of the family should have elevated thoughts. They should become an example. They should know and accept that they have almost finished their journey of life. 'I earned a lot and enjoyed my life, now it is my children's turn to enjoy their life.' Actually, old parents cannot bear to see their young children enjoying themselves, because they keep remembering their own young days and some unfulfilled desires, and therefore keep getting angry. An older person should have mature thoughts; one who can show the path to the younger generation. They should earn respect through their elevated behaviour. They need not confuse themselves in the household matters but think, "Since I am old, I now have to prepare myself for the next birth." In this way, they have to become carefree from worldly responsibilities and progress towards spirituality.

If you are a younger member of the family, then stop fighting and sulking, otherwise you will not be happy with your life. If you are not happy in your young days then when else will you experience it? You must have seen the smiling face of Sri Krishna in his pictures, just look at him and bring back your happiness.

By conquering anger, bring back happiness to your house, so that life blossoms like a flower, where there is no fighting and no hatred, everyone loves each other and speaks such gentle words that give calmness to other's hearts.