



ANGER – Satsang with Vishrant

Seeker: I keep getting upset with what other people are doing. They make me so angry. How do I find the peace when I'm like that?

Vishrant: Anger is a defence shield that stops you from feeling what has been triggered. It was one of the first defences you developed to protect yourself from feeling helpless and hurt. If you really watch anger you will notice that to be angry you somehow have to be blaming yourself, someone else or something else for some reason. You have become a victim of yourself, something or somebody. If you can take away the blame, the anger can only last a short period because its fuel has been removed. Blame is the fuel for anger. Then it's possible to be with the wound that has been triggered, the wound that has been hiding behind anger. In staying with the wound without resistance of any kind, it can start to heal. After all it's not really the other person that is making you feel, it's you that makes you feel; they may have triggered the wound but you make you feel. If you allow yourself to be open to feeling your wounds without resistance they can heal and you can be free of them. As to finding peace; heal your wounds by not resisting them while moving towards acceptance. Acceptance simply means you accept what is happening in the moment. If the body is suffering you accept that that is the way it is; to not accept it causes more suffering. If there is a thought that things should be different than how they are right now, then this thought causes another type of suffering. Firstly there was the physical suffering, now there is also mental suffering, and all because you want things to be different than how they really are. Acceptance of what is happening will not change the physical suffering but it will stop the mental suffering. Acceptance of the way it is brings peace. Let go of the story and you will find peace.
