

DEALING WITH ANGER

Are you living and being guided by the principles associated with Reiki? Sure we slip from time to time – that's called learning! It's ok! When we don't examine how we behave and try to make changes, that's called giving in to your Ego!

One of the principles associated with Reiki is:

Just for today, do not anger.

Anger can be an overwhelming addiction. Yep, anger is an addiction!

An addiction means allowing yourself to be controlled by something outside of yourself, be it drugs, gambling, sex, shopping, you name it. Every time you become angry and enraged, you're disconnecting from the Light and permitting negative energy to enter you. Every time you give into this force, you're behaving like an addict.

When you're spiritually disconnected from the Light, you allow the negative force to feed you a shot of intense energy not unlike a high from a drug. Have you ever been exhausted and ready for sleep when suddenly something makes you really angry? Are you able to go to sleep right away? No.

What happens is you draw in a huge amount of energy, and in that moment you feel as if you have the power to do anything. Let's face it, it feels good to throw a tantrum, to verbally rip into someone, to break some dishes. But this is immediate gratification - temporary satisfaction.

Knowing this intellectually however, is not enough to stop the force of negativity from entering your consciousness. As anger is a powerful force and the only way to stop it is to fight it with something far more powerful. Love.

Some people recommend releasing your anger, as one would release the valve on a steam pipe. 'Let it out', they say. Good advice. Take a deep breath. Go for a walk. This saves the people around you from your negativity, but what about you? What do you do with that poison sitting in the pit of your stomach, gnawing away at you?

After you restrict, you need to ask yourself why this situation is in your life movie. It's a spiritual truth that the things that irritate and annoy you in others, point you towards what you need to correct in yourself.

The final step to dissolving the anger is to inject forgiveness into the situation. When you disconnect from the Light, the bridge back is forgiveness. Forgiveness creates an affinity with the Light, which is all-loving. Only when you create an opening for love to enter the picture will you be able to destroy the anger and the

trigger that caused it.

I know this isn't easy. People do some pretty horrible things and you might feel justified in your anger. But let's remember the rule of cause and effect.

The seed of what brought about the situation is never readily visible and by injecting forgiveness into the situation, you are releasing the control the anger has over you. With the anger no longer obscuring your vision, you'll be able to discover the true cause of the anger.

Oh, don't expect it to work the first time around. Each instance of dealing with anger in a proactive manner will make it easier the next time around. After enough practice, you'll be able to break this addiction no matter how tempting it may be.

And no matter who the person or situation is, you must remember that you are always capable of controlling the thoughts in your head. Your mind will tell you that this person is beyond redemption, that they're just plain bad. Don't listen! Ok, even if they are truly bad, your forgiveness will go a lot further in helping them than your hate.