

Anger Creation, Why?

Stilling The Waves Bringing Peace (Literally!?)

Why create more anger?

If anger is there, as a reaction then explore it, notice it, to express it would appear to create more of it, yes?

You become a trigger opening the anger in others and a chain reaction starts, you could take the view that this is healthy it is a release, in a way it is, however there is more value in dissolving the emotion within your own awareness, and in doing this you may find it actually begins to dissolve the anger in others as now you're resonating on a more peaceful frequency.

All energy is heading back to source one way or another, either via (in this case) the escalating of anger that always, always must eventually end in peace, when has it ever not in your experience? Or the other way through the transformation of the energy in your own focused awareness. Which seems a better route to you?

Angry expression and pain generation eventually leading to peace, the hard and slow way through physical form. Or the powerful inner transformation of your own chosen focus to dissolve the emotion and thus alter the reality you exist in? the graceful way! through subtle realm.

This is easy to do when you're already peaceful, what if something has really pushed your buttons, discovered your sore spots, what then? Thank it, something valuable has just been revealed to you, imagine it like your coach, seeing on your behalf what you have not been aware of, ultimately this is all that ever happens in all situations, things we're not aware of are brought to awareness, sometimes we don't like them, but there they are.

Not chasing the tail of events leads to greater awareness still, a lot of energy is expended wanting to control what has already been and gone, listen now around you what can you hear, notice that the sound must occur for you to perceive it, and once it has occurred can you do anything about it? Now notice your thinking, your inner chat, images, feelings, once they have occurred can you do anything about it?

So what is there to do?

Watch. Explore with interest, and this is a great word, be interested in what happens in and around you, where there is bright interest there is awareness, spirit, source energy like a beam connecting you deeply with the world you're a part of, from this space it becomes easier to recognise that all is of the same source, little by little, a glimpse here, a glimpse there and it flashes into awareness, then again it is lost, obscured by the minds patterns, piece by piece it returns, like a bobbing boat on the ocean, the horizon, the distant shore appearing and disappearing in time to the waves.

So these waves are thoughts and as they settle, the horizon is viewed as a continuous stream, so it is with the truth, as the mind is stilled, layer after layer of turbulence is settled and the underlying source is known. And from time to time another storm may arrive, a whirling vortex of thinking and emotion, this time you're a little more aware, you know where it leads, and you can choose to be part of the settling, stiller of storms;) And who knows how far reaching the effects of your subtle playing will be, may this actually be the way that together we harmonise nature on planet earth?

