

Managing anger in our children and ourselves

Discussion

'Anger is like an intoxicant. Internally, it induces us to do wrong things. This is the source of all the sins. It is a great demon. Anger leads us to commit all other sins. In the case of Viswamitra, we know that all the good he acquired by thapas, was nullified by this one evil, anger. The merit he had accumulated through thapas undertaken for thousands of years was all lost in a moment of anger.'

'We need not go as far as Viswamitra. In our daily lives, we know that when we become angry, our nerves become weak and feeble and we lose grip over ourselves. Even a moment of anger takes away our strength that we gather by eating good food for three months. Anger not only debilitates us and takes away the merit of our good deeds, but also enfeebles our condition... Anger leads to many great sins. First we must endeavor to control this emotion of anger.'

Summer Showers in Brindavan 1972

<http://sssbpt.info/summershowers/ss1972/ss1972-17.pdf>

'When you find anger rising within you, you may withdraw from the place to provide time for cooling your emotions. Or you may drink a glass of cold water and sit quietly in a place. Or, take a brisk walk for a mile to get over your anger. Or, stand before a mirror and look at your face. By any one of these methods, your anger will gradually come down.'

'Do not, however, stay near the person who has provoked your anger, because there is no limit to what anger may lead you to do. Owing to anger and agitation the blood gets heated up. It takes three months for the blood to cool down. Within that period, the nerves become weaker and even the blood cells get destroyed. Weakness is aggravated and the memory power is reduced. Old age sets in prematurely.'

'All the aberrations that we witness today among men arise from anger. Our entire daily life is filled with anger... Therefore, you must meet this by presenting a smiling face all the time. That will demonstrate the presence of divinity. Happiness is union with God. We must link our happiness with the Divine...'

'Again, when you feel angry, start reciting some song in praise of the Lord...'

Control of speech is highly desirable. Whatever thoughts may arise in the mind let them not find expression in words. It has been said that restraint in speech gives abundant peace'

Discourse on Ugadi, Telugu New Year Day

Prashanti Nilayam Mandir on 22-4-1985

<http://sssbpt.info/ssspeaks/volume18/ss18-08.pdf>

'Anger is the fuel for all varieties of sin. Just look at yourself in a mirror, when you are attacked by anger, and you will discover that you are then akin to Soorpanakha (sister of king Ravana and granddaughter of the demoness Thataki) or Lankini (a powerful demoness who guarded the city of Lanka) of ancient times. The Rajo guna that is overpowering you then is the Raakhsasa (demon) trait you must learn to avoid''

23-11-1966

<http://www.sssbpt.info/ssspeaks/volume06/ss06-38.pdf>

Questions

1. Swami says that Anger makes us do wrong actions; it makes us very weak and we lose our clarity of thought. Share how you have found this to be true in your own life. What have been the negative effects of anger for our children and us? Why does Swami say that anger is like an intoxicant?
2. What are the techniques for controlling anger that you have practiced and that has worked for you? What methods have worked for your children?
3. Swami says that the root cause of anger is 'Desires'. Did you find this to be true in your own lives? What kinds of desires cause anger? How do you think we can overcome these desires? Should we disregard those desires or should we fulfill them?