

**Title: Anger Management**

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Summary: Many of us when we get angry strike out at the nearest thing to us. When we disperse some of the anger, it often doesn't and here is a reason why.

If when you're angry you take your anger out on a wall, what happens?

People think by hitting the wall, they have released this anger dwelling inside. But we hurt our own fist in the process of punching things.

So if you think about the energies it's not transferring it anywhere and a bruise shows up now as well as feeling it inside, you also feel your broken knuckle?.

So within understanding this, we can begin to think about better coping strategies. By understanding the energy transferring, it helps us to see ways to transduce this energy into something more useful.

You see we have two spheres of influence, things we can control and things we can't. When you spend your time worrying about the stuff we can't control, we then have no time to focus on the things we can change.

So when angry, realize this is energy, OK it's not always a positive one. Most of our accredited artists often had a lot of reasons to be angry; this energy is what we still recognize as some of the best today.

Reason being is anger does hold a lot of energy and to realize this allows us to move on to the things we can.

So by using this energy to take your self forward also, this then helps others, we help our self deal with these things by passing the energy on, then just making someone else feel as bad as you do, which is equal to punishing your self in the process.

Always what comes around goes around, as the universal laws of Karma make sure it is in a positive way.