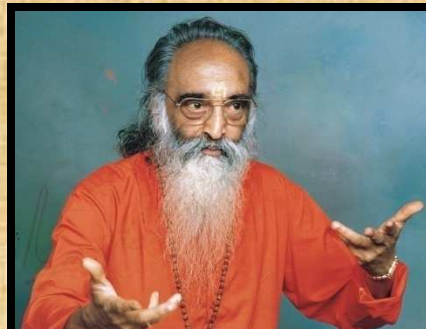


GOVT COLLEGE OF EDUCATION AKOLA
State Level Workshop on
-Understanding the Self
“WE MUST”



**“ANGER MANAGEMENT
”**

BY

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Coordinators

H.H.SWAMI CHINMAYANANDA STUDIES CENTRE

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WHAT IS ANGER

- EMOTION -INTENSE EMOTION-
- ONE STEP SHORT OF DANGER ---
- ANGER IS TO HOLDING THE FIRE BALL AND WAITTING TO THROW THE FIRE BALL ON OTHER
- ANGER IS PUNISHMENT ITS SELF

WHAT IS ANGER

- Anger is a state of the mind.
It expresses
as irritability...
as full blown explosive dramatics.
To stay calm in every situation...
we need to examine the very
genesis of Anger.

WHAT IS ANGER

Anger is nothing but a feeling (that rises in us) towards an obstacle between ourselves and the object of our attachment.



of

THE HIGHEST AND THE LOWEST
Go through God, Grow through God...



FROM WHERE ANGER COMES

- FROM WHERE ANGER COMES
- FROM GOD
- YADA YADA HI DHARMSYA
- ANGER OF GOD IS SATVAGUN
- OUR ANGER IS TAMOGUNA

ANGER IS GOOD OR BAD ?

- ANGER IS GOOD
- SELF REFORMATION
- TO AWAKE OTHERS TO REFORMS OTHER
- DUSTHOKA SANHAR
- ANYAYA ROKHNYASATHI
-
- **Anger is bad when:**
- **it is for selfish reasons,**
- **it is uncontrolled**
- **it enslaves us.**

WHY ANGER

- Why do we get angry?
- WE get ANGRY WHEN:
- the ego is hurt,
- desires obstructed,
- expectations not fulfilled
- TO CONTROL OTHER
- ENJOYMENT MANIA
- PERFECTIONIST
- CONTEMPLATION ON NEGATIVE THOUGHT

WHY ANGER

- Anger arises from attachment.
From attachments rise expectations
Non-fulfilment of desires causes disappointment
Failure to manage disappointment
The obstacle to our ambition
becomes a target for.... ANGER!

- **PRIDE -EGO –SELFISHNESS-EXPECTATIONS-
ATTACHMENT-FEAR –DESIRES-FAILURE-
OBSTACLES IN OUR AMBITIONS**

**VITA
RAG
BHYA
KRODH
A**

WHY ANGER

- Expectation takes benign forms like:
Desire...Ambition
Insistence is fuelled by:Ego...Obsessive
control...
Resistance Both result in... ANGER!!

FORMS OF ANGER

- BEING ANGER
- ANGER IS MASTER
- SHOWING ANGER
- ANGER IS UNDER YOUR CONTROL
- EXPOSIVE ANGER
- EMPLOSIVE ANGER

MY MIND IS ANGRY

MY INTELLECT IS ANGRY

**MY AHAMKARA IS
ANGRY**

MY CHITTA IS ANGRY

**I AM NOT MIND
INTELLECT CHITTA
AHANKARA**

I AM SUPREME SOUL

HOW TO DEAL WITH ANGER

- SITUATION-- AS RESULT OF MY KARMA
- TAKE" U" TURN "HE IS" TO "I AM"
- RESERVESE YOUR THOUGHTS
- LEARN FROM SITUATION
- TAKE FEEDBACK OR CRITICISM POSSITIVELY MAKE IT TEACHER
- PRAYER -SURRENDER
- IGNORE THE ANGER(I HAVE TO DO IT)
- DELAY THE ACTION (SPIRITUAL ACTIVITY)
- NEVR SUPRESS OTHERS ANGER (LISTEN-LISTEN-LISTEN)
- NEVER IMITATE OTHERS ANGER

EFFECT OF ANGER

- [?] The effects of anger are even worse
- than physical death.
- [?] The more we express anger the
- more we suffer.
- [?] The angry person dies continually to
- his higher Self.
- ASK: “What do I want out of life?”
- “Do I gain anything from anger?”
- “Anger is a losing proposition, so
- why keep it?
- !

EFFECT OF ANGER

- KRODHAT BHAVATI SAMOHA
- SAMOHAT SMRUTI VIBHRAMAH
- SMUTIBHANSHAT BUDHHINASHAH
- BUDHINASHAT PRANASHYATI !

EFFECT OF ANGER

- Anger is dangerous and harmful for ourselves as well as others.
- It makes us say and do things, which we later regret.
- It reduces our efficiency and effectiveness.
- HEALTH ISSUE
- RELATIONSHIP
- LOSS OF COCENTRATION
- INTELLIGENCE BECOME BLIND

HOW TO MANAGE ANGER

- Relationships \Rightarrow Expectations \Rightarrow Insistence \Rightarrow ANGER!
- To develop harmonious relationships we need freedom from:
- EXPECTATION...INSISTENCE

HOW TO MANAGE ANGER

- BEWARE!

Temper is compulsive and fuelled by pride.
Pride prevents us from admitting mistakes.



We have a choice: keep ANGER or keep PEACE



No prizes for guessing...the choice is
choice...less!

ANGER MANAGEMENT

- In fact, when the ego is pricked,
- we should be thankful for being shown our place in the world.
- When we are unable to fulfill expectations we have from ourselves,
- how can we expect the same from others?
- No emotion is good or bad by itself.

ANGER MANAGEMENT

- **PRIDE -EGO –SELFISHNESS-EXPECTATIONS-ATTACHMEN-FEAR**
- In such situations we should elevate and divinize our emotions.
- Channelize anger...direct it against:
- injustices in society,
- unrighteousness
- untruth
- It will serve a greater purpose.
-

HOW TO MANAGE ANGER

- Take the case of Lakshmana...
- He got angry only when someone insulted Sri Rama.
- At other times his anger was well under control.
- A single gesture from Sri Rama and he was instantly calm.
-

HOW TO MANAGE ANGER

- If at all we have to be angry then we should redirect our anger from the world towards the Lord.
- Divinise anger and gain peace of mind.

HOW TO MANAGE ANGER

- How can we overcome anger?
- First...be aware of it.
- With awareness, in time anger will either
- drop to a MINIMUM, or not rise at all.
- NEXT become aware of the harm
- caused by giving in to anger:

HOW TO MANAGE ANGER

- The most precious wealth we have is
- peace of mind.
- To protect this peace...
- ...we have to remain determined
- to not part easily with this wealth.
- The key to VICTORY is...REMAIN ALERT
- and WIN OVER the exact moment when
- ANGER RISES

CHINMAYA WINDOW

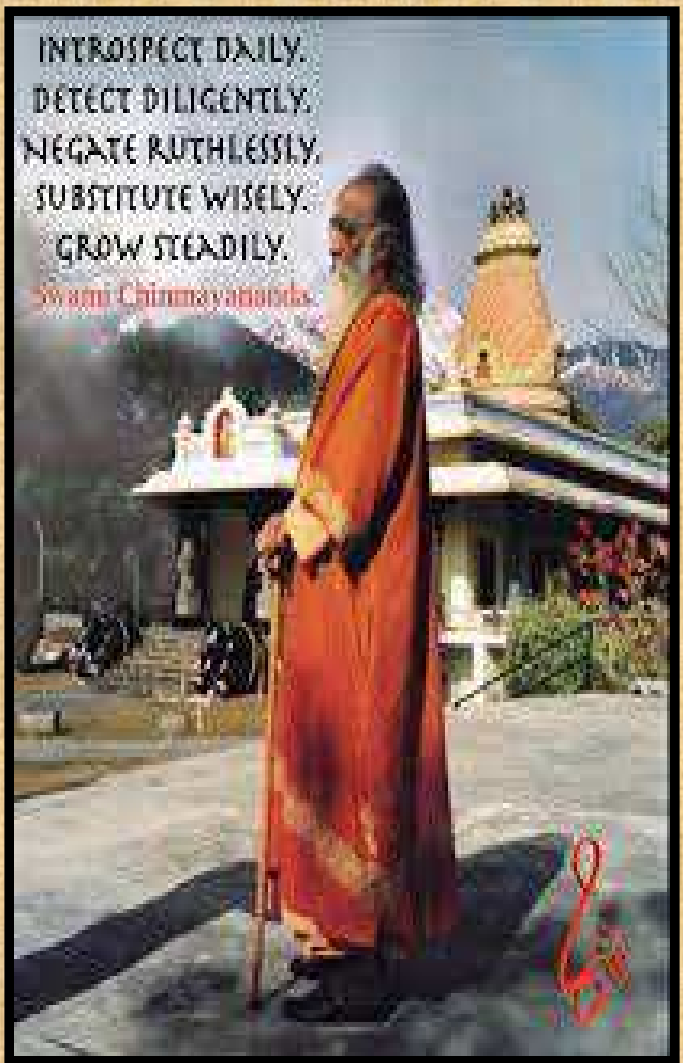
**INTROSPECT
DAILY**

**DETECT
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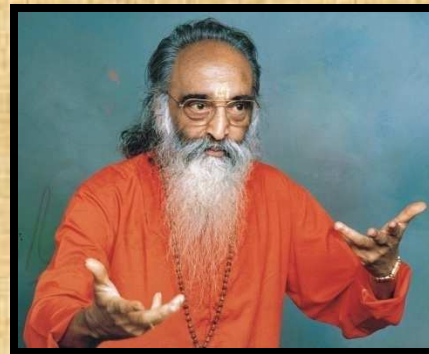
**NEGATE
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**SUBSTITUTE
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AND GROW
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INTROSPECT DAILY.
DETECT DILIGENTLY.
NEGATE RUTHLESSLY.
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Swami Chinmayananda



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EPC:-404 :-15th Days Workshop on
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THANKS

With the Collaboration
H.H.SWAMI CHINMAYANANDA
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26/04/2021