

Lesson 55: Overcoming Anger and Resentment

The lesson last week focused on helping you find your personal freedom by shedding light on a number of potential mental and emotional obstacles such as those related to your childhood experiences and the affects of them later as an adult. The lesson this week will examine the obstacles caused by the strong feelings associated with anger and resentment as these are potential roadblocks that when left to fester can hinder your personal and spiritual growth by negatively affecting the quality of your life. As you read through the lesson you may realize that these were issues you perhaps had not given much thought to anymore than you would have realized how these strong feelings were negatively affecting the quality of your life, regardless of how justified you might have felt. The lesson this week will help you learn how to overcome the strong feelings associated with anger and resentment so that the quality of your life can improve. Although you may not readily grasp the concepts at the onset, the fundamentals contained within the lesson will become more apparent to you as you read through the lesson and perhaps even re-read it. But before you can learn how to overcome your anger and resentment you must first recognize what is going on behind the scenes, that is, what conditions in your personal environment have brought these feelings to the surface and how you can resolve them in a non-confrontational manner. Thus, the information in the lesson becomes a tool, a source of 'right knowledge' that can help you reveal the true conditions of your own circumstances.

If you have been keeping up with the lessons you will recall past discussions concerning the matter of the emotions in accordance with the Emotional Guidance System and you would know that your feelings on any given day will typically fall within a range of feelings that are a mirrored reflection of what is going on in your day to day life. If you are not familiar with the range of emotions please take a moment to review the scale below. The first section along the scale indicates the range of emotions described as "good feelings," the latter indicates the range of emotions described as "bad feelings."

Good Feelings:

Joy <-> Passion <-> Enthusiasm <-> Positive Expectations <-> Optimism <-> Hopefulness <-> Contentment <->

Bad Feelings:

Boredom <-> Pessimism <-> Frustration <-> Overwhelmed <-> Disappointment <-> Doubt <-> Worry <-> Blame <-> Discouragement <-> Anger <-> Revenge <-> Hatred <-> Jealousy <-> Insecurity <-> Fear ←

Associated with the primary feelings of joy are knowledge, empowerment, freedom, love and appreciation. Eagerness and happiness corresponds to the feeling of enthusiasm and belief corresponds to the feeling of positive expectation. Further down the scale: frustration is associated with irritation and impatience; resentment corresponds to anger; rage corresponds to hatred; insecurity is associated with the feelings of guilt and

unworthiness, and finally grief, depression, despair and powerlessness is associated with fear.

The intent of displaying the emotional guidance scale in this fashion was not to focus on a discourse in regard to the emotions themselves but to provide a visual of where the feelings of anger and resentment are along the scale. Thus the scale was specifically designed for this lesson to be used as a visual aid as well as a visual tool. As you can see the strong feelings of anger and resentment are very close to the lower end of the emotional scale. The further you descend along the scale the stronger the emotions become along with the feelings that are associated and correspond to them. But no matter how far down your feelings are along the emotional scale you never have to remain stuck in the rut of your feelings because as you can see the arrow at the very end of the scale points back up the scale. There is a very valid reason for the arrow pointing back as you will see as you read through the lesson. Also you will notice that between each word are the 'less than' and 'greater than' symbols which is representative of the fact that every level of feeling can be ascended or descended anywhere on the scale based on the choices you make. Once you identify with your feelings of anger and resentment you can begin the process of ascending, that is, making your way back up the scale - back to joy but only doing so one step at a time if necessary. Taking it one step at a time corresponds to the "one day at a time" or the "just for today" philosophy of the Twelve Step program and is both highly recommended and most beneficial.

Much is said about the pros and cons of the emotions in accordance with the different schools of thought; nonetheless, your emotions and the degree in which you feel them are both necessary and vital to your well-being. You simply cannot dissect them from your being any more than you can deny them because they exist within you for very valid reasons. However, it is not in your best interest to remain stuck in an emotional rut along the lower end of the scale if for no other reason than you risk sliding further down the scale which will only make it that much more difficult to climb your way back up the scale. So how do you identify with your strong feelings of anger and resentment? This can be quite tricky because perceptions and beliefs play a crucial role in determining the means by which you will measure and justify your feelings. So not only do you have your strong feelings to contend with, you are also confronted by your own beliefs and perceptions which can, of course, be quite skewed. The only antidote to this predicament is to engage in a quiet time of honest reflection and sincere self-examination along with what the Buddha described as having attained a "right knowledge" which is so very necessary to the success of identifying the basis of your strong feelings and is often so difficult for people to accomplish. It is crucial to not let your feelings of anger and resentment fly off the handle at anyone or worse yet at yourself but rather to hold them down long enough to give yourself an opportunity to figure out what is really going on behind the scenes. If you are well past the stage of having let your feelings fly off the handle do not be discouraged. Life is about learning

lessons from which you can then apply the fundamentals learned to future experiences, thus acquiring the “right knowledge” to know how to work them out before they mentally and emotionally work you over. It then becomes a matter of knowing how to stay above the adversities of life rather than to be buried underneath them; to be a master of your emotions rather than a slave or worse yet is to feel victimized by your emotions.

The first step in the process of identifying your anger and resentment is to accept the fact that you are indeed angry and that there is some degree of resentment attached to your anger. This is crucial because there are those who are of the belief that anger is a bad thing and is an emotion you should not allow yourself to feel or express which is so far from the truth. What is the truth is that your feelings are your very own built in emotional safety gauges that keep you informed of your mental state of being which as you can see from looking back at the scale can range from joy to fear with everything in between. However, it is dangerous to let your strong emotions fly off the handle without first examining the basis of them, obviously when your feelings are on the lower end of the scale. The next step is to reveal the real basis for your anger and resentment, not what you think they are in accordance with your beliefs and your perceptions, but to honestly come to terms with what is really going on underneath the surface that you may not be consciously aware of. The reason for this proactive approach is that you may be holding grudges against someone who is undeserving of your anger and your resentment. After you spend some quality time honestly accessing the situation you may be surprised to find that your anger is not as justified as you previously thought or believed it was. The third step then is to make amends to whoever you were angry with and may have unjustifiably resented. However, you must be very careful when attempting to make amends because sometimes the end result is not what you might expect or hope for. People have a tendency to react contrarily when someone finds the courage to make amends. They often find it too difficult to accept an apology because they might still be angry with you and are not willing to resolve the situation yet. Generally this is because they have not honestly accessed their own role in the situation, that is, if there actually is one, thus they may be feeling equally justified but that is not your problem. Your focus should not be on the other person involved, if there truly is someone else involved given that people are often prone to constructing the illusion of a perceived reality in the confines of their minds, but rather your focus should be on yourself because only you can honestly access and come to terms with your own internal turmoil. No one can do this for you. If the situation you find yourself having encountered warrants the possibility of making amends, do so, otherwise for the sake of your best interest you may want to refrain at least until an opportunity presents itself. Making amends is always risky business as there really is no way of knowing ahead of time how the other person will react, therefore, the best you can do is to carefully weigh out the situation and consider the cost. If after having done your due-diligence and you

choose to refrain from making amends be sure that your reasoning has nothing to do with the fear of confronting an unpleasant situation which will only prolong the situation.

The most important fundamentals contained in this lesson and is where the most emphasis will be placed applies to how anger and resentment come into your reality from places you might never think to look, how they adversely affect your reality and how to rise above the undesirable affects. As you encounter other people in your reality you will find that there are those who by the words they say, the way they treat you or just their mere presence seems to irritate you and get under your skin. Thus you are left with feelings of anger and resentment which unleashed and unresolved is soon followed by the remaining primary feelings on the lower end of the emotional scale as well as the secondary feelings that are associated with or correspond to them as was described above. The fundamental is that you cannot afford to resent or despise anyone for the simple fact that what you resent or despise about someone else is what becomes manifested within you and in turn negatively affects your own reality which doesn't stop there. The negative charge from the negative energy extends out and affects the realities of those around you. From this same negative energy you become the mirrored image of the person whom you resent or despise. Your behaviors will reflect your over all mental attitude not just in regard to the situation at hand but will be reflected in every aspect of your experiences. This will become evident in your emotions which will become more and more out of control not to mention the negative effects inflicted on the circumstances and events you are yet to experience. It may seem that a pretty grim picture is being presented but unless you change the directional flow of the negative energy that resulted from your anger and resentment you have no where on the scale to go but even further down. As you descend, your anger and resentment moves through the stages of revenge, hatred, jealousy, insecurity and finally fear. This is Law! In this law you cannot maintain strong feelings of anger and resentment and expect to ascend the emotional scale because the ascended feelings are polar opposites which are in opposition to the law of correspondence. This universal law embodies a correspondence between the laws of the universe and all the planes contained within it including the physical plane and human behavior. In accordance with this law, as your anger moves through the remaining emotional stages the circumstances and events that surround you continue to be a perfect reflection, a mirrored image, of the internal turmoil that is going in within you. The undesirable affects resulting from the law of cause and effect and the law of manifestation is of far greater importance than you might realize or choose to accept. The affects can be devastating in the long run and the longer you remain at the lower end of your emotional scale the worse your experiences are going to be and the more alienated you will feel, consequently the more inclined you will be to blame others for the misery that was self-created. The forewarning here is to be very

Careful of the undesirable conditions you give birth to of which you will have to suffer the consequences.

At the risk of descending to the bottom of the scale where you will finally encounter fear, there are the corresponding emotions of disparity and powerlessness. But the important thing to remember is that these are only a 'feeling' and they are temporary at best unless you choose to remain fixated on these counterproductive feelings and the negative energy associated with them. You always have the right to exercise your free will which will ultimately either serve to enhance your life experiences or will manifest some very undesirable circumstances and events depending on the direction you choose to turn. Regardless of what you think someone said or did to you or even the mental and emotional strain you perceive they might have brought to bear on you, there is still a conscious choice to be made and it is yours to make in all cases. You are never powerless in any circumstance but only if you are willing to accept responsibility for your own actions and reactions. Accepting responsibility can get real tricky because the real role you are playing is generally hidden beneath a thin veil of delusion and illusion. When you accept responsibility for the role you are playing can you then choose to turn away your anger and your resentment in spite of what the other person(s) involved are or are not doing in response. The reason for stating this fundamental is that you might perceive a situation that does not exist anywhere other than within the fences of the reality you created, therefore, what you perceive to be real or true in your reality may not be real or true in the other person's reality. Either way you have the power within you to stop the undesirable avalanche of emotions that you have brought to bear upon yourself that are manifested in your overall mental attitude supported by your limiting thoughts, disabling beliefs, deceptive perceptions, further manifested in your actions and reactions.

Reiterating these very important fundamentals once again is to remind you that there is never a time when you can hold fast to strong feelings of anger and resentment and not expect to experience undesirable circumstances and events simultaneously. As has already been stated above, there are universal laws of operation that govern the mental plane, i.e. human behavior on the physical plane no different than how these laws govern unseen activity on the spiritual plane. Even the laws of chemical infinity and gravity abide by the forces of universal governing. In this respect it should be clear that nothing is exempt from the Law. The laws of manifestation and cause and effect are fully operating in every aspect of your physical existence. That which you detest the most, whether it be in regard to a person, place or thing, will indeed become manifested within you and in your experiences as like will always attract its like kind because this too is a universal law of operation. No one is exempt from these governing universal laws and the methods in which they operate but the more you understand how these laws work the clearer you can see how they are working either with or against you as you hold up the mirror of truth that reflects the true nature of your reality back to you.

Equally important is that you have the power within you to change the course of any undesirable circumstance or event that these laws have manifested in your reality.

Although the recommendation to learn how to hold your strong emotions maybe coming to you long after you have vented them in perhaps some very undesirable ways is not lost to time. A well-learned lesson for the sake of your own well being is better learned late than never. Such a life-lesson contains within it the power to change how you will handle future related situations. It is for this reason that it was fitting to focus an entire lesson on the potential limitations of the Serenity Prayer (see lesson 35) when undesirable circumstances and events and the empowerment to change them are merely accepted at face value. The intention of that lesson was not to invalidate the worthiness of this prayer but to help you look beyond the veil of delusion and illusion, to help you see that you are far more empowered to change the course of your life then you might believe is possible. Therefore, the matter of accepting limitations where there truly are none but are only those that exist in accordance with your beliefs and perceptions was of the utmost necessity in order to clarify the differences between what can and cannot be changed. Therefore, the wisdom to know the difference relies on the acquisition of right knowledge which is the tool used to properly ascertain what can and cannot be changed or accepted as nothing at face value, on the surface, is ever permanent but rather exists in a constant state of flux.

There is much to be learned about the benefits of holding your emotions at bay which is accomplished by not flying off the handle in the face of an adversity that brings you to vent your anger in a non-beneficial way. This does not mean that you cannot and should not vent your anger in private where it is safe to do so and where no one is harmed in the venting process. But after venting your initial feelings it is wise to catch your breath, slow down and calmly begin an honest assessment of the situation. When you let your strong emotions, such as anger and resentment loosed on someone because you feel fully justified that you were right in doing so, you have only just begun what can potentially become a long and difficult recovery process if you do not stop the flow of negative energy long enough to examine the underlying basis of your anger and resentment. The underlying basis is not what is visible on the surface but is what invisible because it is hidden behind the curtain of your conscious awareness, guised in the false form of delusion and illusion. So as to not leave you hanging in the lurch where the significance of holding your strong emotions are concerned, the fundamentals of this very important matter will flow from this lesson right into the next lesson. Consequently, lesson 56 will be devoted explicitly to this topic of discussion.

As stated earlier in the lesson there is an arrow positioned at the lowest end of the emotional scale which is pointing back to the feelings in front of it. The arrow pointing back is symbolic because it serves as a symbol of encouragement, that even though you may have descended to the bottom of the emotional scale you can still find your way

back to a position on the scale that is not falsely comforting or wrongly justified. You may have to overcome some unpleasanties along the way because of the debris you might have left along the emotional trail you were blazing but if you keep a clear head and remain focused on what is good and productive you will arrive back at a much happier place on the scale of your feelings.

In closing we sincerely hope that by examining the strong feelings of anger and resentment from the angle in which the lesson was presented has been of immense help to you and that if you continue to pursue this course you will become better and better at handling your strong feelings as they relate to circumstances and events not yet manifested in your physical reality. Please feel free to share your thoughts, questions or comments and please do not hesitate to ask for additional help.

Many Blessings,

Linda, Z, the Collective We and the influence of the non-physical entity, Seth

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Recommended Reading:

Ask and it is Given, Learning to Manifest Your Desires by Ester and Jerry Hicks with the teachings of the non-physical entity, Abraham

Isis Unveiled by Helena Blavatsky

Managing Thought, Think Differently, Think Powerfully by Mary J. Lore

The Kybalion, Hermetic Philosophy by Three Initiates