



# ANGER

Anger is one letter closer to danger. Whether it comes on suddenly or gradually over time, anger is a strong emotion that individuals frequently feel and express. Anger may be detrimental when combined with other negative emotions like hate, retaliation, and violence. The degree of anger expressed varies on an individual's personality type. Angry people frequently act out of rage because these feelings can stay in their minds for a very long time.

Anger can lead to loss of judgement and destruction of virtues like love and forgiveness. It arises when someone acts against our desires or causes obstacles, inviting revenge. Passions of greed, ego, and deceit brings on anger. Anger makes one forget about the difference between good and bad and reacts blindly without





without discretion. Anger ruins relationships and love in a split second. Anger is harmful to our body, mind and emotions, and to the purification process of our consciousness.

Anger can have harmful and negative consequences not only in this life but also in our next life and future, as seen in our scriptures describing past lives of Tirthankaras. Scientific studies have shown that anger can increase heart rate, blood pressure, sugar levels and muscle tension. Long-term effects of anger include heart disease, weakened immune system, and diminished life

life expectancy. In conclusion, rage is a strong feeling that can harm people both physically and socially. Effectively identifying and controlling anger is essential to avoiding negative long-term effects.

To minimize anger's effects, we should follow the example of virtuous people who calm down and immediately seek forgiveness. Cultivating virtues like forgiveness, patience, love, penance, and repentance can help mitigate anger effects and promotes a more harmonious and compassionate life.





- “Anger causes the degradation of the soul. Pride leads to a low state of existence. Deceit is an impediment to progress towards a better state of existence. Greed spoils both present and the future lives.” (US 9-54)
- “Anger leads to delusion, delusion to bewilderment of memory, from bewilderment of memory to loss of intelligence, and when one loses intelligence, he falls down fast.”-Lord Krishna in Gita (2:63)
- “Whether we consider the individual, family, local, national or international level, peace must arise from inner peace. For example, making prayers for peace while continuing to harbour anger is futile. Training the mind and overcoming your anger is much more effective than mere prayer. Anger, hatred and jealousy never solve problems, only affection, concern and respect can do that.” -Dalai Lama
- “Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another and forgiving.” (Ephesians 4:31)