

June 12, 2022

Anger – An Exploration Piece



This morning a friend and colleague of mine brought up what felt like at first a new dimension of anger for us to explore. Yet as our exploration unfolded it felt more like a space of clarity that offered a more complete truth. In this particular space of clarity, I could see how we often name an experience as something specific, i.e., anger, out of habit rather than allowing ourselves to drop to a deeper recognition of what's happening. I offered my experience of a meeting forty-something years ago with a Dean of Something at a University I was attending. She told me

that I would have to make up my mind whether I wanted an education/degree or a career. I actually stood confidently with complete certainty as I opened my mouth and words poured out as I shook my finger at her! As I remember, the words were: "I 'will' do both! I will complete my education/degree and I will continue with my career and will end up making more money than you ever thought of making!" Then I walked out of her office, straight to the bathroom and cried. That experience did not feel like it was out of anger. My experience was that something I was not familiar with arose and used my body, my voice, to act – a right action. After decades of studying in different traditions and doing a lot of inner work, I am convinced that an essential part of myself arose and acted through my familiar self.

When my colleague offered the example/story of Jesus overturning the 'money-changer tables' my response was/is that his actions were not out of anger but rather this essential, fundamental force triggered (?) to correct an imbalance or distortion.

I found our exploration of anger extremely beneficial and knew that there was more for me to sit with and explore within myself. Thus far, I've been able to see there's a distinct difference between the two experiences. When I'm experiencing anger, whether consciously or when I reflect back, there's a definite felt sense of a kind of strength underneath. For me, I find I can drop the story about why I'm angry and instead drop into the experience of anger itself. What does anger feel like? In my inner-landscape, there's a lot of fiery energy that's very much like a volcano ready to erupt. The experience often includes a defensive sense of holding something inward which feels like pressure building. Now, in my experience mentioned above with the Dean at the university, my actions at the time did not come from any need to defend a belief or an idea. The experience was of crystal-clear Truth coming through me without pre-thought. There was no current "I" who knew any of what I was saying was true. It was Truth speaking.

*Deborah Saunders
A Soul Connection*