

# Meditation

## Dealing with anger

### Motivation:

Think for a moment that you are doing this meditation to help you have an open heart and a peaceful mind, and the benefit of that will flow from you to everyone you come in contact with.

Begin by focussing the attention on the body and relaxing the muscles by allowing any tension to leave the body with the out breath.

Then, when you are ready, bring your attention to concentrate on the breath for a few minutes, until your mind is calm and your awareness sharp.

### Meditation

Remember times when you or others were angry.... remember the things that resulted from each angry situation .... hurt feelings, damaged relationships, damaged property ....

Recall a situation in which you let yourself come completely under the control of anger. Recall the details of the experience .... allow yourself to remember how it felt in your mind – the wish to harm or have harm befall the object of your anger .... and how it felt in your body – the discomfort of burning anger .... then remember the things you said and did while you were under the influence of anger ....

Can you notice how the anger burned up your happiness at that time? ...

Recall how it left you with less positive energy ....

Generate a feeling of regret for the way you acted and the things you said while you were angry.

Now, contemplate the following points about anger and check whether you have found them to be true. Remembering even one point can help you control your anger the next time it arises.

- Anger makes even the most beautiful person appear unattractive. Think of the people who you have seen when they were angry, and recall the way they looked .... Imagine how you look when you are angry .... Do you want to look like

## Care of the mind

that? ....

- There is no chance to be happy while under the influence of anger. Happiness and anger cannot occur simultaneously ....
- Anger destroys physical health and mental peace. It creates high blood pressure, which can result in heart attacks and strokes. The body is placed under a great deal of stress when a person is fired up with anger ....
- Anger creates a tense and uncomfortable atmosphere and everyone present feels unhappy, or at the least uncomfortable ....
- Anger can make you lose your usual sense of discrimination. It causes you to act in harmful ways you later regret ....
- Angry people cannot be trusted because they can and do lose control ....
- Anger has a destructive nature. When anger dominates your mind you want to harm things and people ....
- One angry incident can have long-term repercussions for yourself and for others ....
- Anger can cause the loss of friends. No one wants to be around an angry person ....
- Anger creates enemies. When you harm someone they naturally want to harm you back. At the very least they don't want to help you ....
- Anger not only destroys relationships, it causes people to lose their jobs, and even causes people to kill or injure others ....
- Anger does not bring happy results .... It does not benefit me or others

Whatever a strong thought arises that you want to avoid getting angry in the future, concentrate on that thought single-pointedly for as long as you can.

# Care of the mind

## Dedication

Finish with the thought: *“By doing this meditation now and in the future, may I always be able to overcome anger and other disturbing emotions. In doing this may I only benefit others and never harm them.”*

Priscilla Maxwell

Karuna also has experienced people you can talk with on:  
07 3632 8300 or [karuna@karuna.org.au](mailto:karuna@karuna.org.au)



This is a **Support and Learning** resource. More resources available at [www.karuna.org.au/resources](http://www.karuna.org.au/resources). Karuna is affiliated with [www.fpmt.org](http://www.fpmt.org)

This work is licensed under a Creative Commons

[Attribution-NonCommercial-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-nc-sa/4.0/)

SLID 1039 V1

