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SACRED FIRE

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ABOUT

All human emotions carry information and impulses that influence behavior. Spiritual anger or fire is a deeply-felt impulse and profound response to injustice, not from our ego (personality self), but from the depth of our deepest knowing.

Remember: *what you resist, persists*. In light of the profound inhumanity we're collectively witnessing this publication aims to encourage readers to use their own fire in the direction of **self-care, coherence, wellbeing, and inner-peace**.

For comments or feedback please contact
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UNDERSTANDING ANGER

Anger is a normal emotion--everyone feels anger. For some, anger may express as a low-level resentment, for others it could be aggression and violence towards others. At its deepest level, anger is a nudge, call, invitation, or a loud cry for **truth** (our own).

Truth doesn't have a religious or political affiliation. Truth is not concerned with your sins. Truth is not concerned with how successful you are. **Truth is what you know/feel in your heart. Anger is a symptom of an unrecognized need in YOU.**

WHAT TRIGGERS OUR ANGER

So often we get angry at the 'messenger', but even if we attack the messenger, our anger will still remain. When we use our anger to argue with him/her/them we're leaking and outsourcing our power-- keeping anger alive. If someone hurts you, by all means let them know-- in word or in writing, then go do your inner-work. Don't expect the person or institution who hurt you to tend to your emotional state (that's co-dependence) or understand the reason(s) why you stepped away-- they'll understand in time. Only **you** can bring yourself (body) back into harmony and coherence. That's because it **wasn't** the messenger that '*made you angry*', as much as it was one of these:

- feeling disrespected
- feeling unappreciated
- feeling frustrated/disappointed
- feeling unheard
- being misunderstood
- being manipulated/used
- being abused/violated
- being terrified
- feeling unloved

Anytime we aim to 'set them straight' or 'change their mind', we're outsourcing precious energy applying resistance and postponing critical inner-work.



COLLECTIVE UNMET NEEDS

Collective anger expresses and aims to address *collective unmet needs*. When used wisely, it is a powerful change-agent for the good of all.

Common sources of sacred rage:

- violence and abuse (inhumanity)
- unwise, self-serving leaders
- economic injustice
- historical and religious injustice
- racial and gender injustice
- our own human fears
- lack of critical-thinking (curiosity) about the sources of our anger and authentic purpose

Anger is an invitation
and activation.

Sacred rage (spiritual anger) encourages all of us to question systemic assumptions and in so doing, leads us towards individual and collective transformation.

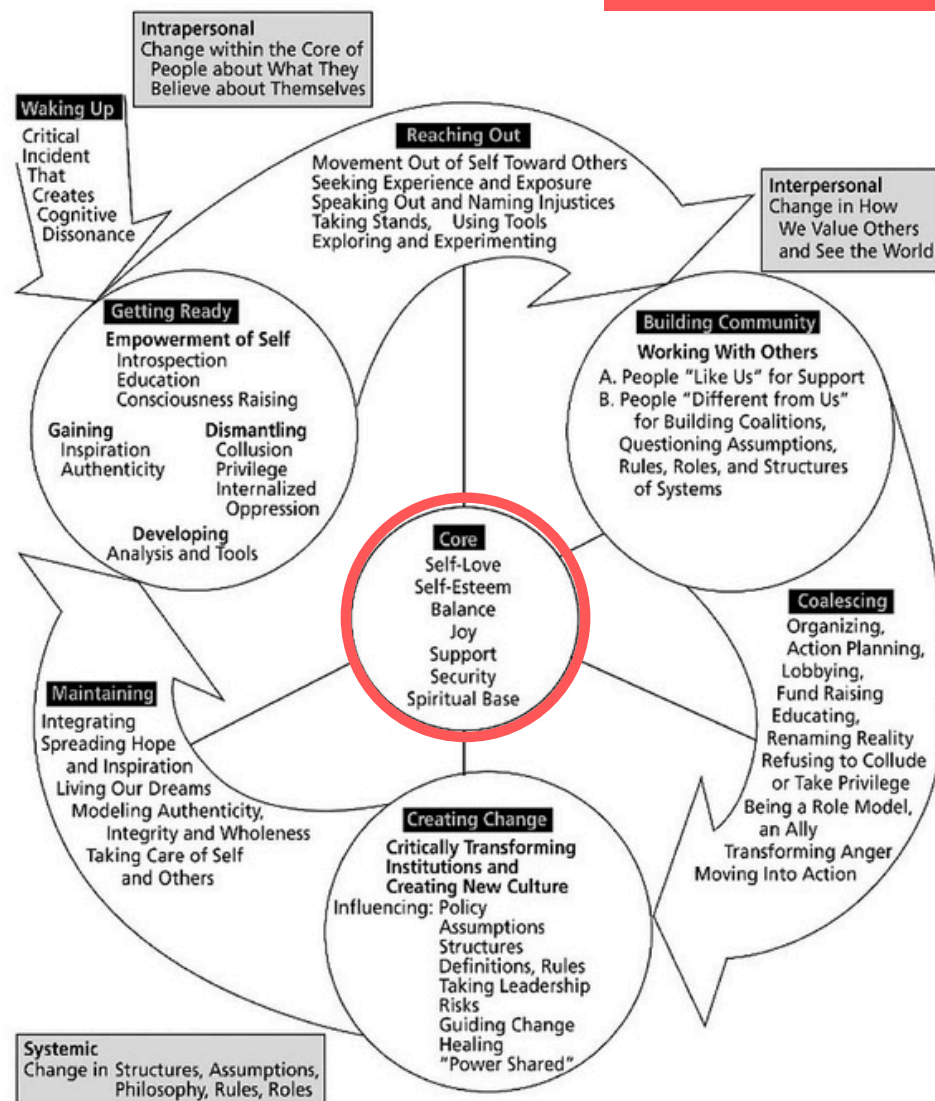
“As people come to a critical level of understanding of the nature of oppression and their roles in this systemic phenomenon, they seek new paths for creating social change and taking themselves toward empowerment or liberation. In my years as a social justice educator, it became increasingly clear that most socially conscious people truly want to “do something about” the injustices that they see and they recognize that simple, personal-level changes are not enough. They want to know how to make system-level change manageable and within their grasp, and they often become frustrated since so little has been written about the process of liberation.” Bobbie Harro

LEVERAGING OUR SACRED FIRE

Our desire to do something for the collective good of humanity is often triggered by a critical incident or violation. As such **sacred fire is sparked by love***-- love of self **and** others (humanity). So what can we do instead of fighting or resisting? There are many ways to use this God-given energy (fire). This model, The Cycle of Liberation, offers practical ways to move **through it** rationally and productively.

Cycle of Liberation

SOURCE: "Cycle of Socialization and Liberation" by Bobbie Harro



Source: Developed by Bobbie Harro

© Readings for Diversity and Social Justice, Routledge, 2000

*love-- universal, Source/God

WORKING WITH FIRE: A MODEL FOR WORKING WITH ANGER

by Mayra Porrata

In addition to the previous model, working individually *with our anger* (our fire) helps us move through and beyond the swirls and mind-loops that keep us stuck in mental solutions. The most effective way to work with fire (anger) is through **curiosity & self-care**.

"Working with anger" enables us to practice self-care/comfort through the discovery of the fundamental issue (for us). This leads to emotional intelligence, freedom of choice, and wise action. As such, our anger helps us to grow and evolve.



"Doubling-down" on anger results in a deeper entrenchment and reinforcement of our mind loops and self-righteousness. This results in increased pain, confusion, and personal volatility. We de-evolve.

BEYOND LIBERATION: WHAT WOULD LOVE DO?

It is our ***presence, being, and doing*** that changes the world. When more of us connect to our heart's intelligence and move through and beyond the dense programs of power and control of the past, we'll be left to consider: *what would love do?*

So, consider this:

- What do ***you*** love?
- What's in your heart do do?
- What in you is asking to be loved?
- What is asking to be explored or created?

Then connect with others in a way you've not done before-- lead from ***your heart-- listen to your heart-- adjust-- repeat.***

We change the world through our example-- so, what example are ***you*** leading the world through?





Honor your heart
Honor your soul

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