

JULY 2020

### Anger to the Core

I recently saw a post describing having "anger to the core" and how to deal with it "beyond Christ".

I would first have to ask what does one mean by "beyond Christ". We can go down the rabbit hole here on numerous trails of discussion, so for time's sake, let's assume "beyond" means that this person understands spiritual relationships and in that aspect, the answer of "Christ" is not working, or not good enough. Obviously experiences with pain and anger take us on a learning quest typically ending up with the individual changing in a positive way, no matter the time it takes to get there. You might call this progress, enlightenment or ascension.

The Christ is in us; no matter what or who you think "Christ" might be. It is both literal and spiritual. Almost all Holy scriptures talk about this Christ being in us. We cannot escape it; it is the essence of our goodness, or morality one might call it. Religion and dogma have confused us into thinking we are separate from it, or there are two parts to us humans, and make us feel as though we are missing some aspect of "being good". Much like a water droplet say, in the air, scattered by force, etc., can be and is separate from a lake, river or stream, it is still a part of water and will always be and can and will return to the source. So we are, to God.

Now to the point. Without a doubt, meditation and or prayer, eating the \*best available\* (don't guilt yourself if you aren't perfect!) foods, and treating ourselves in goodness, rightness and kindness is the only path to knowledge, wisdom and understanding. Wisdom and in turn understanding, is the key to finding joy, which I personally believe is the opposite of **anger**.

Maybe then, "anger" is not the correct emotion. I think we all knee jerk and choose the easiest feelings we can grasp onto to quickly to put off healing. It's a classic fight or flight move we all make. Survival is the first step in any situation and that's ok. And many times, we are truly angry but that's not the underlying issue. The *why* causes the anger. I would encourage one to then ask, *why* am I angry? I have done this numerous times and find that in fact I am not angry but it's something else, or that it's that something else that's caused me to become angry. Once I find that *something else*, I can begin to heal those hidden issues that most of the time I never knew I had.