

ANGER

Anger is as old as mankind and it is very vital for our growing up process in this world. I am not going to talk here from psychological point of view; but from ordinary man's point of view. If we have control over our anger, do we really want to control anger? If we wish to control, how it can be done, or it is good to let our anger come out now and then. Are we in control of our actions when we are angry? Answers to many such questions are unfortunately that we have no control when we become angry.

Many inventions were possible only when man becomes angry with his/her situations. Some people only progress in their jobs when they become angry or frustrated with their circumstances.

Who feeds anger, when we blame others we are doing it. More we blame others more it increases. We are the only person who loses in this blaming game, as it drains our energy, and we are left with very little for any constructive work there after. If we don't feed it, we will be the winner.

Hence from these points of view anger is good. Another way its advantages can be evaluated in positive way, suppose you are angry with your shortcomings, bad habits get mad at them and let these be out of your system, this will have a positive impact of anger.

In some extreme cases it had been known that you could get a positive result if you really get mad with GOD. Anger strikes as lightning to you, but don't get persuaded by it. Rather you be in charge of the situation not let anger run you over.

Let us have a story heard by my grand father, one day I came back from school and asked my grand father, why we get mad? He replied that inside me there are two wolves always fighting one is peaceful and wants to fight with no one and other is angry wolf who wants to fight with everyone. Then I asked him again who wins, to that he replied the one who I feed.

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