Title: Anger Management
Subtitle: Spiritual Oneness

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Summary: Many of us when we get angry strike out at the nearest thing t
disperse some of the anger, it often doesn't and here is a reason why.

If when you're angry you take your anger out on a wall, what happens?

People think by hitting the wall, they have released this anger dwelling i
we hurt our own fist in the process of punching things.
So if you think about the energies it's not transferring it anywhere and a
now as well as feeling it inside, you also feel your broken knuckle?.
So within understanding this, we can begin to think about better coping s
understanding the energy transferring, it helps us to see ways to transdu
something more useful.

You see we have two spheres of influence, things we can control and thin
your time worrying about the stuff we can't control, we then have no time
we can change.

So when angry, realize this is energy, OK it's not always a positive one.
most of our accredited artist often had allot of reasons to be angry; this
which we still recognize as some of the best today.
Reason being is anger does hold allot of energy and to realize this allow
we can't change and move on to the things we can.
So by using this energy to take your self forward also, this then helps ot
others, we help our self deal with these things by passing the energy on,
then just making someone else feel as bad as you do, which is equal to p
your self in the process.
Always what comes around goes around, as the universal laws of Karma a
make sure it is in a positive way.