

Bridge to Essence -
Module 8
Body center: Autonomy and Anger

We learned that anger is related to our sense of autonomy. Its purpose is to assert a boundary of some kind between yourself and the world around you.

8s intend to do this externally, and secondarily do so internally, both in the name of power.

1s intentionally do this internally, and only secondarily externally, both in the name of virtue.

9s attempt to deny the existence of boundaries between themselves and the world, but because they are humans, they assert the firmest boundaries of all in the name of peace.

Neuroscientists tell us that all mammals have three types of aversive reactions when their needs aren't met, and three ways or "centers of intelligence" used to take in such information. This classic article link explains how it's the Gut/Body center of intelligence that senses our unmet needs and triggers anger to take action. See the link below to read more on this:

<https://drdaviddaniels.com/our-neurobiology/>

From Thich Nhat Hahn:

“As a practitioner, you don’t allow anger to be alone in you.” If its alone, anger can cause alot of damage in body, mind and around you. Breathing in, I know anger is in me, breathing out, I smile to my anger, I embrace anger. The seed of anger is deep in yourself. Seed of mindfulness and compassion inside of you as well. Once anger is triggered it grows and becomes a mental formation or a zone of energy in the mind. Mindfulness/presence (through breath or walking) becomes zone of energy to embrace anger.

How to Take Care of our Anger:

1. Recognizing anger as anger.
2. Embracing anger - no fighting it. You don’t transform yourself into a battlefield. Big sister/ younger sister - holding the anger tenderly and help her to transform it. I take good care of my anger. Mom holding baby tenderly.
3. Look deeply -Why? See roots or nature of anger.
4. Receive Insight - Can address situation.
5. Transformation, healing, freedom - liberates

Other ways to release anger:

- Physically move your body to release it - punch a pillow, karate chop and kick the air, dance.
- Use your voice - yell into a pillow, cry, use non-verbal sounds, (grunting)
- Mindful walking and breathing outside.
- Shake and tap the body.
- Blow a whistle
- Progressive relaxation
- Slow deep breaths while making space for the anger as sensation.
- Let it communicate to you - what is underneath it or the roots of it?
- Know your triggers and don't let it build up
- Let go of judgement - forgiveness
- Seek out support

It Felt Love - Hafiz

How
Did the rose
Ever open its heart
And give to this world
All its
Beauty?

If felt the encouragement of light
Against its
Being.

Otherwise,
We all remain
Too
Frightened.

We can learn to look at the world from another perspective.

Life is not how you see it, but how you are.

What is vibrating in you right now? Fear, frustration, sense of injustice or gratitude, openness, gratitude?

What is emerging in you will be the filter with which you look at life and how it will appear to you unless you return to being present to who you are, Presence.

We learn to distinguish facts from our mental interpretations, we learn to become aware of the thousand inner currents that cross us.

Life is a gift.

- Shakti Caterina Maggi