

ANGER

Swami Chidananda

Looking back, the CEO of the prosperous multi-national company had many reasons to be happy about his life but there was one area where he really wished he had been different. Even though he went on climbing the corporate ladder through the decades, his heart knew that many a valuable relationship – both at work and in his personal life – had broken down and the reason was just one – destructive anger!

Anger rises when our desire is obstructed. For some, just a different opinion causes anger. For some others, it is others' actions that come in the way of their fulfillment of desires, and that pushes the button. Patience, contentment and the ability to regain cheerfulness are helpful to keep away anger.

Anger destroys more often than not.

There does exist 'good anger' which prevents evil, disciplines the lazy and makes those who are too slow to speed up and get efficient. Typically you have both the kinds of anger within you – the good kind and the bad kind. Use the good one with proper restraint. Put aside the bad one through catching it early, nipping it in the bud.

When books of wisdom ask you to give up anger, please know it is all about the destructive kind. You may achieve grosser goals with this unhealthy type of anger but you lose on the subtler fronts. You may for example gain wealth or position but lose valuable relationships. Less people may love you. They may show respect to you out of fear and not from their heart. When you win through such anger, you "stand victorious amidst the debris of ruined relationships," as Stephen Covey, the management guru and author of *The 7 Habits of Highly Effective People* observes.

Give up therefore destructive anger.

*If you do not withdraw
From wrong ways,
If you're not anchored
In peace and in harmonious relationships,
This liberating wisdom will elude you.*

Katha Upanishad 1.2.24