

## **EMOTIONAL INSIGHTS INTO THE STUDENTS MIND: PART 2 OVERCOMING ANGER**

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### **Abstract**

*A study was undertaken to enhance the basics of understanding of anger development and its control in the students. The students are volatile in nature, prone to even slight provocation. Anger is caused when their ego is hurt or when their expectations are not met. One must accept that the fault as well as solution to anger lies with the students, suffering from it. A solution to this lies in following a 'being approach', consisting of their identification first as spiritual beings and later as doing beings. Simultaneously, one should maintain separateness from anger and should observe it without any abhorrence or attachment. When in anger, stop arguing but instead try to take cold water and resort to shakti mudra as anger is nothing but fire and is cooled down by water. Besides, one should stop blaming and maintaining vindictiveness against others who one thinks is responsible for hurting them. Rather, one should thank them as they are settling their past causes(accounts). Lastly, one should give peace to others to pacify anger as one cannot get peace when he/she throws anger at others.*



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### **Introduction**

The student phase is an active phase of life, being prone to all types of emotions. This life is characterized by high expectations and vibrant energy. Any person or authority which stands on their way in getting their expectations met, is considered as an opponent by the students. They develop animosity and anger against them ( **Gita 2 / 62**).The first and foremost attack of anger is on the intellect which loses its balance to differentiate between right and wrong aspects of a situation. As a result the students cannot take right decisions which leads to their downfall. Invariably, they use anger as a weapon to get their expectations met. In extreme cases, anger may lead to crimes. Fear and anger are two emotions, most prevalent in the students community, defining and shaping their career. The fear part has been discussed in part one of the paper while the anger part is discussed herewith.

Suppose a boy hurts a student accidentally by stone. The student gets angry at the boy as he knows that he has thrown the stone. However, if the stone falls again at the student from the hill-top and hurts him, he will not become angry as he knows that none is responsible for his hurt. It is the illusion that makes the student to perceive that someone is responsible for his hurt. Recognize fully that the boy who threw the stone at him is simply a nimit (instrumental)

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who is bringing to the student ,the effects of his past causes (karmas).Both the boy as well as hill-top are instrumentals in causing the hurt, there is hardly any difference between them as regards the hurt is concerned.The student can exercise the control on anger as he has exercised so in case of hill-top. Likewise,we do not become angry when a very precious article is broken by an elderly person. But,we will certainly become angry when the same is broken by a servant.The loss incurred in both the cases is the same but our reaction varies with the person.This again proves that the mechanism of anger control is present in us (**Neeru Ben** ).

### **How to overcome anger**

What is anger: Anger is just like fire. It burns its own house first and then the house of the neighbour. It is a weakness but some do consider it as a strength as it gets their work done. Nevertheless it is bad, and negative emotion. The students who do not harbour anger, possess more inner energy and strength than those living with it.

### **Causes of anger**

In the students,it is caused when the things happen against their interests or when they do not happen according to their wishes. In other words,when their expectations are not met or their demands are not listened to.Or when they are not able to convince their higher- ups. Or when their genuine problems are not even considered or understood.Anger may also develop when they are proved wrong although they may be right or when their secrets and faults are exposed.A lack of understanding or misunderstanding between the students and higher authorities may also

lead to anger.Besides,lack of infrastructural facilities and lack of qualified staff and absence of proper study environment in the institutions may also be the cause of anger. All the above causes show that anger is mainly caused when the ego of the students is hurt in one way or the other and also when their demands are not met.

### **Whether the anger is healthy?**

Most of us think that the anger is bad. But there appears to be nothing wrong in it when it is directed in right direction.The anger is healthy when the teachers as well as parents exhibit it to improve their students and children respectively.The anger shows the passion and intensity about something.His passion for a particular game or field brings out the best from the student as anger is the potent form of energy.On the contrary,if anger is aimed at harming the students or when the students use in the form of violence to cover up their faults and shortcomings,is certainly unhealthy.

Anger control is built in: It is amply clear that it is the ego which is the main cause of anger. Therefore, the understanding of ego is very essential.

### Creation of ego

The ego is created when the soul component of our body shifts from its original position to the body level. The soul tends to get attracted by the pleasures of the sensory organs of the body.

Its formation can be understood by the following equation (Sharma, 2017).

Soul + Body = Ego (I-ness of the body).

The (+) sign denotes simply the attachment, in other words, the knot formation of the soul and body or a mixture of the soul and body. Its creation takes place only at belief level. Consequently, the soul not only identifies with the body but also with its attributes. The soul which is formless, takes the form of a form and identifies itself as man/woman, rich/poor, young/old, employee/un-employed and happy/angry etc. The profiles of soul conscious and ego/body conscious persons are given in **Table 1**.

Soul / Spirit	Ego: Mixture of body and Ego
Sat ( Truth, eternal)	Asat ( changeable, split)
Infinite Intelligence	Finite Intelligence
Blissful/ Joyful	Pleasures/ Pains, (searching outside)
Love/Peace	Fear/ Anger
No attachment	Attachment
Equanimous	Biased/Partial
Trust	Doubt
Acceptance	Judgemental
Non-doership	Doership
No Desires/ No expectations	Desires
An Essence of God	An Essence of nature/ universe
Abundance / Suffering	Lack/ Deficiency
Giver	Taker
Oneness	Otherness
Free	Bound/ Defensive
Part of Solution	Part of problem
No pretension	Pretension
Formless	Form
No Inness or Myness	I ness and Myness

**Table 1 Profiles of the Soul and Ego**

So much so, soul considers its death with the death of the body although the soul is immortal. It must be kept in mind that the attributes of soul cannot be destroyed as being eternal in nature. The attributes of the soul appeared to be eclipsed temporarily due to its association with the body.

The ego results in ignorance and makes the soul totally forgetful of its attributes. In general, most of us operate from body conscious, from the lack of love, joy, trust, acceptance, abundance and freedom leading to anger. Such persons search happiness outside as ego believes that all the happiness lies in outside things or achievements. Their happiness is conditional as it lasts till the things giving them the happiness are present. This shows that anger is the problem of body conscious persons whereas the soul conscious persons do not suffer from it as they remain always soaked in eternal joy of the soul. Some techniques to overcome anger are discussed hereafter.

### **Being approach**

Instead of conquering anger or fighting with it, it is essential to avoid it. We are spiritual beings, in other words, happy beings. We have forgotten our real identity by ignorance. To overcome this, early in the morning, when one gets up, he should decide firstly, what he wants to be that day, a happy being or angry being, instead of a doing being. Decision is the power and a key to happiness. It requires a great courage to take such decisions. The basic concept in this approach is to accept your wholeness or your joyfulness, an attribute of the soul. It makes you feel happy. Later, you can take up any work but care should be exercised that should not undertake any work which hurts others. You cannot be at peace when you throw anger at others. When you are already happy, that happiness will be reflected in the work in the form of success. This way, you live in abundance.

### **Be an observer**

One cannot get peace if he throws anger at others. If we hurt others we will inevitably suffer. On the other hand, if we resist it, it will. In spite of following the being approach one may become angry as it is an effect of a cause. In that case, one must become an observer when it appears. We will come to know that anger grows to its peak and then subsides completely on its own. **Swami (2012a)** showed that whatsoever is produced in nature, gets destroyed on its own. Do not try to control anger or destroy. So do not interfere with it as to why and how it has come. Its interference will aggravate the problem as it gives our energy to it and increases the life of anger. Simply observe the anger as a witness with this understanding that it is dying on its own. While observing, one should not have with abhorrence non-attachment with it. In other words, adopt an indifferent or letting go attitude towards it. Observe your body/ persist. Also, do not oppose a person with anger as he is just like a hot machine which will burn if you touch it, it can be mended only when it is cool. Sometimes, we defend anger with due justification that the students will not improve if they are not

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scolded. By defending, we give shelter to the anger to stay with us. One should repent to one's own mind if one's anger is inflicted upon students to improve them.

### **Stop Blaming**

When you ask any person as to why he became angry, his immediate response would be, "That others did so and so which made me angry". None accepts his fault. Non acceptance of one's fault appears to be a biggest disease suffering mankind. In contrast, if one accepts his faults one will mind/ speech that they do not hurt anyone. One cannot get peace if he throws anger at others. If we hurt others we will inevitably

suffer. On the other hand, if we resist it, it will. In spite of following the being approach one may become angry as it is an effect just like a hot machine which will burn if you touch it, it can be mended only when it is cool. Sometimes, we defend anger with due justification that the students will not improve if they are not scolded. By have certainly have a solution to anger. To resolve the anger problem in any other way

will entangle him more and more as his subtle ego is working underneath. Alternatively, some persons suggest to tolerate anger. Rather than learning how to tolerate learn to reach the solution. There

are no laws of nature which dictate that one must tolerate the acts of others. If you are forced to tolerate the acts of others, realize fully that it is because of his own account of past causes ( karma). Anger is an effect of past or present causes. When he does not know the past causes, he assumes by illusion that something has been directed on him forcefully. It is in fact the effect of old karmas coming in the form of anger. Other persons or situations are simply instrumental in settling his account. It is none of their faults but his own fault only. This awareness of understanding of his fault only solves the problem of anger. None has any power to cause anger to any person. Some persons do think that injustice is being meted out to them when they are hurt. **Swami ( 2012b)** showed that injustice is never done in nature, whatsoever happens is justice. How the injustice can be done in the presence of almighty?

Therefore the persons hurting us are our helpers as they are purifying us by settling our negative karmas. Instead of blaming and maintaining vindictiveness we should thank them. It is worth understanding that

the persons who try to hurt us create highly negative karma for themselves due to ignorance as they lack in real understanding of cause and effect theory. "I will get even," thought is harmful to

the one to whom it is directed, but doubly dangerous to the one who indulges in it. When in anger, one should stop arguing as silence pacifies anger. In case one is not able to maintain silence one should fill his mouth with cold water and after that just gulp it slowly. Anger is nothing but fire and water extinguishes fire ( **Swami 2012b**).

### **Forgivingness**

It does not mean forgiving others but to one's own self for making the mistake to align with the body or ego. Forgiveness is the willingness to believe that you are whole, perfect and pure soul and none can take your wholeness or joyfulness as it is inherent in you. But you have lost this sight of wholeness of the soul to body consciousness (ego). Ego looks outside for happiness in perishable things. The forgiveness is thus transformational in nature as it gives back to you your wholeness where anger will no more be a problem.

### **Stop arguing but take water**

One should stop arguing when he is in a fit of anger. Silence pacifies anger. In case one is unable to maintain silence, he should fill his mouth with cold water and after sometime, he should take it very slowly because water extinguishes anger and anger is nothing but fire.

(**Swami, 2012b**).

### **Conclusions**

The two main causes of anger are firstly when one's ego is hurt and secondly when his desires are not fulfilled. Both these should be relinquished. Both the ego and desires are the functions of the body. One should re-inforce the following idea in his self, "I am a pure soul, absolutely separate from the body, hence from ego and desires." Soul is actually pure as it belongs to God and not to the body. This understanding will also control the development of anger.

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