



ANGER: How to Control Other Minds?

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Having control with other minds, you can manage people's feelings and emotions; such as ANGER. You can instill feelings in them to compromise or to terrorize. Imagine a society or organization you can fill, and drive each encounter into a remarkable and efficient cause. Imagine your parents whom supposed to scold you when you came home late but with a smile. . . Imagine your enemy approaching you with tenderness and grin. . . Imagine. . . Just imagine. . .

What happen when we are angry? We want an immediate satisfaction/ resistance through vengeance and miscalculated violence. An animal becomes angry thus results to violence, to protect its food or territory. We may say Nature is angry, when it results to calamities; such as typhoons and a magnitude 8.0 earthquakes, so as tsunami. . . Man(Human) became angry not only of resistance(as with animals), but to save face. We want vengeance; we want to prove something. . . We resist with disrespect, dishonor, and distress. . .

How do we overcome resentment then, anger? From various Philosophers and Scholars, we arrived at some common ideas; according to the Meditations of Sri Swami Sivananda; it is solely the "mind", which is responsible for all stimuli(actions/ feelings). Mind is the Supreme Being that conquers all. One's mind has relation with other minds. Each human has different veil of perception thus come up with different reason, different minds. To capture ones' mind is to determine the route towards one's mind. How to determine the route towards one's mind? To determine the route towards one's mind is to observe the body. . . The body denotes or reflects the perfection* of the mind. The body sometimes is deceptive- as we smile though inside we are burning in fire, tired, or angry. How many times should we say "Good morning?" "Good afternoon?" and "Good evening?" with matching smiles(and blink of an eye if applicable) with our colleagues or students, where in fact we are suffering in disgrace of displeasure and stress(of any factors). Is it really "good"? We influence, we hypnotize with smiles and gestures of what should be our world to be(as study shows that emotions is infectious). . . The first time I came into one of these prestigious schools, everyone is greeting to me with smiles, sharing their food, respecting my opinion. . . And oh! It brought me into a new world. That created a positive attitude towards my perceptions, despite of distress. . . It made me realized and inspired me for a better cause. . .

Anger, thus, the most pre-dominant and pre-eminent nature of man, should you overcome it? Or should you empower it? There is no escape in anger, even the monks and priest are bounded by these desires; these feelings; this resentment; this anger. Monks, Priest, and Saints overcome and empowered these resentment(anger) by divination and meditations. From Socrates, Buddha, and through Jesus; they thought as Justice, Meditation, and Love respectively. And it all begins with self introspection, self examination... As Doctors examines patience, Scientists conducts experiments, and I(including You) examines thy actions caused by ANGER(feelings). . . .then imagine yourself reading this in full desire. . . Now let me put a SMILE on that face-a J. Love and inspire and be inspired, in despite of distress(of any factors).

Questions:

1. What is the cause of "anger"? / Why do we get angry?
2. How was "anger" depicted to "resentment"?
3. What is the participation of the "mind" towards "anger"?
4. How do we overcome/ empower anger? / How to control other minds?
5. Whenever you're angry, how do you overcome or empower it?

*Anger was defined as a feeling of displeasure aroused by a wrong. It is also classified as one of the most pre-dominant feelings of every individual. It is akin to resentment; *feeling of displeasure or indignation at some act, remark, person,etc., regarded as causing injury or insult.