



Dealing with Anger

August 2009

Dear All,

August is the time of long sultry days and nights and traditionally seen as vacation time. Little gets done in the northern hemisphere in August.

They say that one of the most stressful experiences in life are family holidays and being that time of year, I am sure that quite a few of us have experienced more than a little stress recently.

Schools are closed and the kids are at home and always in need of something to do, wanting to go here, there and everywhere. In these days of economic restraints it is hard to be able to afford to take them to everything they wish to attend and they will not always understand.

When we were growing up life probably was somewhat less restrained, it was a safer world and I can remember long summer days playing safely in the fields around where I grew up without any worries for our families that we have been abducted or harassed etc. How times have changed.

Many families don't see a lot of each other for most of the year. Although they may live in the same house, they all come and go, going about their own business most of the time, only coming together for the occasional family meal or get together. When the family is thrown together in an unfamiliar environment for a few weeks, in accommodation which is often much more cramped than they are used to, tension often follows.

For those of you who live on the other side of the world to the rest of our family, the Summer break often entails visits back home to see relatives. However, in this case, we often get no rest ourselves, instead having to rush from town to town to make sure we leave no one out. In both cases, what is supposed to be a fun, relaxing time, turns out to be a very stressful experience. Expectations often run high and so often the long awaited experience/ get together etc are filled with more stress than we care to remember and never quite meeting all the dreams of a wonderful time.

That said, it would seem that the keys to success and having a good and happy time are having a positive mind and keeping clearly focused on the good times and any goals your have set out to achieve at the outset of the holiday/trip and in learning to accept everything that goes on in our lives as learning experiences, both ups and downs, this can then help us avoid getting stressed and keep everything in perspective.

Don't forget to book for the Universal Energies Conference in Kuwait.

Preparations are well under way (30th & 31st October followed by a day of workshops with the speakers on 1st November) and are going well. Remember to book before 31st August to secure your 50KD discount. Full details of the conference may be found at www.ueckw.com

Group booking discounts are also available so please contact us for details.

Tickets are on sale now from Conscious Connections (info@conscious-connections.com) and Hana Al-Ghanim (halghanim1@yahoo.com Tel: +965 9365038).

This conference is history in the making. Be a part of that 'history', that move forward for the Middle East. Never before have so many highly respected holistic speakers spoken at one conference – certainly not in the Middle East. This is a wonderful opportunity to be there at the start of something big.

A huge amount of effort has gone into making this event possible. Already, social and cultural barriers have been raised and broken down again. World renowned holistic experts have pledged their time to be part of this auspicious occasion. While we do hope to make this an annual event, its success depends on all of us. With a little support from a lot of people, huge change is possible. Be part of that change. History cannot be repeated and there will never be another chance to be at the first event, so be there and experience it for yourself. Create little history of your own – something you will be able to tell your children and grandchildren that you were part of.

The world is changing rapidly and we can all make a positive difference, so come and join us and see how to start to make that positive difference.

With world economies in freefall and international businesses imploding all around us, there seems to be a growing feeling of anger in the air. Very little has ever been achieved through anger and so the topic for this month is 'Dealing with anger'. We hope you enjoy it.

Angel Blessings

Julie & Steve

X

Peace - Do not look for peace outside, for it lies within the soul.

From the Angels:

When you are lonely, empty and afraid, remember this: An angel who loves and cares for you is somewhere looking for the medicine you need.

Look for the messages your angel sends you in its absence...in a rainbow, a falling feather or snowflake, or a stranger's smile...

Topic of the Month – Dealing with Anger

Do you ever get angry? Of course you do, we all do! It is one of the most natural human conditions and emotions to get or feel angry. Even though there is the risk that this state of emotional agitation will lead to destructiveness, sometimes it's healthy to get riled up, as long as it doesn't last too long! The energy of anger is very powerful and can be very destructive if not contained. Anger can grow into bitterness and hatred and they can also grow and become infectious to all around.

Anger however, if channelled in the right direction, can help us accomplish goals and push us to set our sights higher even if we are just trying to prove someone wrong. It can alert us when there is a problem that requires attention. It prompts us to defend ourselves, or others, when wronged. It prevents us from passively accepting unjust situations.

Ongoing anger can also be the cover for other emotions such as deep seated sadness or confusion. I have seen this myself many times and I am sure many of you have too.

Teenagers can be very angry people, but often, what lies underneath that anger is confusion or sometimes sadness. The confusion of what their life is about, who they are, rebelliousness – the pain of growing up, in other words.

Some of the greatest artists, poets and song writers in the world have used their anger to produce some of the most potent art and music ever written. Some great leaders have been able to transform their anger to create social change. Some might argue that anger is the flip side of love. It's a love and desire for truth that when channelled in the right direction can ultimately lead to doing the right thing. But to get these positive results, we must first learn how to constructively deal with our own anger, as well as the anger of others.

So what is anger? Generally, we are most aware of its destructive power. Anger can lay ruin to our peace of mind and damage important relationships. Its physical manifestations, faster breathing, racing pulse, the hot rush of blood and the rush of adrenaline, all deplete our energy reserves and places stress on our hearts, nerves and respiratory functions.

There's nothing wrong with anger. It is a natural emotion that can be healthy when it alerts us that something is off and needs to be tended to. To deny your emotions can only cause more distress, both physically and mentally. However how you express your anger is another story.

You can't go around venting your anger on every person who makes you mad. You cannot hit out at everything that makes you mad. You cannot go head butting every person who you think has wronged you, or smashing car windows just because someone parked in your parking spot, or setting fire to your bosses office because he/she didn't give you the recognition you deserve; the list is endless.

Suppressed anger can be almost as damaging as venting out constant anger. Suppressed anger will sooner or later cause illness in the body and maybe even the mind, as it will manifest itself inside, as like every other emotion it does need to be expressed. Resentment of people and situations often manifests itself as anger.

Anger is low vibration energy, and it sends out low vibration signals which attract more low vibration signals. Being around angry people all the time is not pleasant and I am sure you will have experienced that yourselves many times. You usually want to just walk away and leave the situation or you end up becoming angry yourself and sometimes you wonder why or what happened. It only takes one angry person to spoil a peaceful happy situation, to disrupt a class room, an office, a rally or even family life. Dealing with angry people can be very draining indeed.

So what are appropriate ways to both honour yourself and deal with anger?

If you are angry, you must first acknowledge that you have an anger issue. This may be just for this one instance or if you are angry all the time, acknowledge you have anger issues and they need to be dealt with. Many angry people have a tendency to blame the other person or institution and never look at themselves in case they are the cause. They (or you) may say things like "If only the driver hadn't cut me off, I wouldn't have punched him in the nose or rammed his car with mine", "If only he/she hadn't called me an idiot.....", "If he she hadn't lied to me.....let me down" and so on.

Don't rationalize your actions in this way.

Instead of seeing yourself as a victim, own the problem! It's not what happens to you but what you do with it that counts. Once you take responsibility, you can move on and understand your anger and yourself on a deeper level.

According to Robert Allan, Ph.D. author of *"Getting Control of Your Anger"*, broadly speaking, there are two psychological needs that fuel anger:

- Respect or a desire to be understood
- Territory - either physical or psychological.

Anger is triggered when we feel disrespected or when our turf is being encroached upon. People also use anger, to cover up and deal with sadness and hurt.

Once you have realised this, it can help clarify precisely what needs of yours must be fulfilled.

Allan offers some questions to ask yourself to better hone in on your needs:

- In what way do I feel violated right now?
- Is it a lack of respect or a violation of territory that's making me angry?
- How would I change the situation if I could?
- What is my need at this moment?
- What would have to happen to make me feel that my needs for respect or territory are once again intact?
- What is my goal, not just for the moment, but in future interactions with this person or future occurrences of this situation?
- Do I feel hurt right now?
- Am I using anger to disguise my true feelings?

Maybe even ask what is it in yourself that this incident has triggered off within you? Are you hiding something or denying something in terms of your life, beliefs, values or ideals that this situation or incident has brought it to question?

Another way to look at your anger is figure out what it is that triggers it, the 'hook', so to speak.

Do you lose it when you're sitting in bumper-to-bumper traffic or facing delays on public transportation? Or when you find out that your work colleague has yet again screwed up an order, or the bank has over charged you, or your insurance company won't pay for your claim as they feel it's not covered? Injustices such as these trigger anger as well.

Then there's incompetence. Yes, that's a biggie! For instance, you wait 30 minutes on hold on the phone waiting to get through to customer services, but then the assistant "accidentally" hangs up on you instead of placing you on hold. Or you order a decaf Coffee but only when you can't sleep that night do you realise they gave you fully caffeinated. Or the airline that has lost your baggage yet again! Or the travel agent that has booked you the wrong flights and you're stranded in a foreign country. Once again, the list goes on and on.

Other things that can trigger anger are situations when you know that your friend /partner/ acquaintance/work colleague is lying to you but you just can't seem to prove it, or you have been blatantly lied to and now the damage of that lie is causing you untold problems. Once again, this can be a long list.

Most of us have a tendency to bite, or get angry, whenever we encounter a circumstance that we perceive as unfair or a situation that puts us at the mercy of someone inept. We can express our anger in a more subtle mature way once we know what hooks set us off.

Once you have found your hooks, ask yourself things such as 'have I encountered this particular hook before?' If the answer is yes, then try to remember when, with whom and under what conditions. Ask yourself what happened when you encountered it in the past? Did you get really angry? Did any damaging or enduring consequences occur?

The key is to respond to your hooks or feelings of anger not react to them. There is an old saying that says:

"There is no passion that so shakes the clarity of our judgment as anger"

Ideally you should allow your anger to wash over you like a passing storm, easier said than done as most of us know, and many people will blow their top off instead, suffering the consequences later.

Before you react it is better to take a few deep breaths and think things through before blasting someone. It is better to be certain that you understand the circumstances not only from your own perspective, but from the other person's as well. Directly expressed anger is the emotion that generally makes a bad situation worse.

Don't put your anger on to someone else in any way shape or form. This in itself can cause so many untold problems and the person on the receiving end will be suffering for something she or he may have no knowledge about and no matter how rational that person is, the situation could get out of control, because they will naturally tend to defend themselves.

So breathe deep and manage your anger rather than directly expressing it. When you are angry your judgment is going to be clouded. If possible, take a bath, go for a walk, watch a movie - just do whatever it takes to remove yourself from the anger provoking situation.

If circumstances allow, why not write a letter in the heat of the moment, but then tear it up! Don't send it!!!

This technique will help you to collect your thoughts, sharpen your focus and hopefully express your rage in a harmless way. It may be you're angry with someone because they have actually triggered something off inside you - something that you are already angry about inside but are suppressing, something you know to be true but have not properly dealt with within your own emotions. The truth often hurts!

One area to avoid when you are angry is email. Any written communication is open to interpretation by the reader. When we write letters, we generally take care to think before we write. With emails, however, we often write and hit send before we really think creating the potential for serious damage to relationships.

It will take a while for you to learn to adopt a new way of responding to anger and retooling the habits you've developed over a lifetime, so be easy on yourself. There will be times when you will lose it, but when that happens, just take a step back and have a laugh. Then try, try again!

Action Challenge - Suggestions to help transform anger

With these techniques, you can work toward transforming anger into something positive:

- It is said that 'The greatest remedy for anger is delay'. Before doing or saying anything, try counting to ten, or take a few deep breaths. This will give your body just enough time to cool down from the adrenaline spike that comes with anger. If you can, wait a day before acting on an angry impulse.
- One might also say that the greatest remedy for anger is prevention. Recognize the stresses that lead to anger, and deal with those stresses before they have time to develop.
- Take slow, deep breaths to help calm your mind and body.
- Try switching perspectives. If possible think about the situation from the other side, this practice of empathy may help you understand the situation better.
- Be honest and straightforward about your feelings, but communicate them in a non-hostile way. Instead of using accusations, stick to expressing your feelings.
- Dealing with Angry people can be just as challenging as dealing with your own anger and sometimes you have to do both at the same time. In certain situations, dealing with an angry person can be fairly non-threatening. In other situations, your physical well-being could be at risk.

Try these techniques to calm an angry person:

- Try to slow things down by speaking very slowly and softly, (but not condescendingly) especially if the other person is yelling. This will help calm the other person and keep you calm as well.
- Let them say all they want to say before trying to stop them or say what you need to say first. Often this will calm the situation down quickly as they will have vented off what they needed to say, and when they realise you are listening and not butting in, they will not be more aggravated.
- Ask questions and listen to the answers. Paraphrase the answers back to the person. This will let them know that you are paying attention.
- If an apology is requested, apologise even if you feel there is nothing you did wrong. An apology may help calm the angry person.
- Acknowledge their anger, but don't validate it. Saying something like "I can see you are angry" this lets the other person know you understand their emotion.
- Ask what you can do to make things better. If it's something you can do, do it.
- You can talk about how the facts are perceived, but do not accuse the other person of being wrong. Keep your distance and refrain from touching the angry person, even if your impulse is to console.
- Do not defend yourself. Just listen. A lot of really angry people just need to vent and feel like they've been heard.

So the next time you're confronted with the ugly and powerful emotion of anger, stop and think how you can use some of these techniques above to diffuse the situation. Who know, maybe you can even turn it around to your advantage.

Good luck!

Forthcoming workshops and Events

For more details, please email us on info@conscious-connections.com

September

Bahrain

Topic: Crystal Awareness
Location: Budayia
Date / Time: T.B.A.
Contact: Karen Perry blues88@batelco.com.bh
or info@conscious-connections.com

October

Bahrain

Topic: Angelic Connections, Crystals, Stress Transformation, and other workshops
Date / Time: TBA

Kuwait

Topic: Universal Energies Conference www.ueckw.com
Speakers: Frank Arjava Patter, Hazel Raven, Sue and Simon Lilly, Kathleen Murray, Julie Lomas, Abdul Azeez

Location: Sahara Golf & Country Club
Date / Time: 30th October to 1st November
Contact: Hana Al –Ghanim halghanim1@yahoo.com +965 9365038
or info@conscious-connections.com

November

Bahrain

Topic: Launch of the New Crystal Essences designed for the Middle east with Hazel Raven and the full team

Location: Country Mall, Eight Mansions Budayia, Bahrain

Date / Time: 4th November – 10am – 1pm

Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com

Topic: Workshop on the new Middle East Essences with Hazel Raven and Julie Lomas

Location: Budayia, Bahrain

Date / Time: 4th November 4pm – 8pm

Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com

Topic: Sound Therapy & High Vibrational Stones with Hazel Raven

Location: Budayia, Bahrain

Date / Time: 5th November 10am - 4pm

Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com

Topic: High Vibrational Stones with Hazel Raven

Location: Budayia, Bahrain

Date / Time: 6th November 10am – 4pm

Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com

Kuwait

Topic: Jikiden Reiki – Frank Arjava Petter
Location: Sahara Golf and Country Club Kuwait
Date / Time: 6th -10th November
Contact: Hana Al –Ghanim halghanim1@yahoo.com +965 9365038
or info@conscious-connections.com

Conscious Connections Meditation CD's can be bought from:

Bahrain Bookcase
Noraini at Touch for Health Tel: +973 39246544
Karen Perry - blues88@batelco.com.bh Tel: +973 39543127
Eight Mansions Feng Shui, Country Mall, Budayia

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Angel Essences

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Spain Julie - Julie@conscious-connections.com

UK Hazel Raven – info@raven.org.uk

This a monthly newsletter about spiritual and positive life changing or thought provoking subjects, a sort of life makeover based on spiritual values and relevant topics. Any comments or suggestions are welcome.

We apologise if you have received this newsletter by accident, just email back with 'remove' and we will remove you from our distribution list.

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