

JANUARY 2010 NEWSLETTER

As we speed into the New Year, many of us will want to make New Year's Resolutions. I have been contemplating the best overall Resolution that one can make. A New Year's Resolution that will not only improve the quality of one's life but the quality of lives around us.

This brought me to thinking about the issue of anger and the management thereof. In my spiritual mentoring practice, I frequently work with people who have a problem managing their anger and people who I believe have become ill due to the anger that they have carried for many years. Not even mentioning my own issues with anger!

Anger then brought me to the word 'conflict' and the duality of conflict in this instance being compassion from a non-judgemental point of view rather than pity which could come from a space of judgement.

In order not to become ill from anger (conflict), one could look at the seed that ultimately germinated into the anger. Only once the anger has been expressed and cleared can logic and normality be regained. So, let's look at some points which may assist one to do this. Let's start by understanding what the lesson from the situation is. What do you need to learn? Then one can look at why this person or situation is in your life. Do you have a Soul contract with someone who highlights your own negative Karmic patterns? Take a close look at the role players involved. How and why are you having your "buttons" pushed and who's "buttons" are you pushing?

Knowing what the person or situation is mirroring to you will assist you in gaining good insight into yourself and your own issues. This should then help you to understand that the "button pusher" is actually giving you a gift; the gift of learning, growing and overcoming your Karmic issues.

Once this stage is reached, acceptance can follow but only when one can identify the role played by the "button pusher" to assist you to learn the lesson.

Then conscious action or effort needs to be taken to allow yourself to let go of the anger. How can one not let go of the negative when you have been given such a priceless gift (The Lesson). Be sure to release the person/situation that has taught you the lesson. Release will empower you. Be careful of wanting to forgive as that creates an environment where we could take on the role of victim or feeling that we have been wronged in some way. Once true release has happened, it allows space for kindness. Kindness can be shown by writing a letter or making a phone call; just to say thank you for the lesson. Thereby helping you become a better person.

May the use of this information; transform anger into compassion and allow life to be a wonderful journey of learning.

I wish you a blissful 2010 that is filled with love, peace and purity.