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**Anger: What is it and how can it be exploited?**

**A kid once asked me this- ‘What is the only thing in the world that has multiple sources, but only one outcome?’ I thought about it for a while, and then, with a determined tone, something which I am very familiar with, replied ‘Ah, that’s easy! It must be ‘Anger’, right?’ He moved his head in disagreement, and then replied ‘No, sir! It’s rain! You see, it comes from various places, but the only thing it does is wet everything!’**

**Not a very amusing story, I am sure, but it does demonstrate the point nonetheless!**

**So, here it is!**

**Anger is something that springs out from various sources, but leads to only one thing. You may recall the sudden burst of anger that you felt when somebody lost your favorite T-shirt, or broke down your favorite record. Ah, there’s nothing to feel guilty about, it’s just part of the human nature.**

**So, here’s the point- Controlling the anger or its manifestation is a classical waste of time. As already mentioned, there are infinitely many ways of getting someone angry, just developing an immune system against any of these system won’t just solve the problem, worst even, it would aggravate the problem.**

**So then, what should we do in such a situation?**

**Forget everything about controlling anger or anger management!**

**We have found a loophole in the equation.**

**Remember what I said about anger-‘Anger is something that springs out from various sources, but leads to only one thing.’**

**Did you find the answer? I am sure you did!**

**So, here it is for all those who haven’t found it.**

**‘Anger is something that springs out from various sources, *but leads to only one thing.’***

**So, the loophole is-IT LEADS TO ONLY ONE THING and that one thing is aggravation; aggravation of self, aggravation of your ideas, and aggravation of your soul.**

**Now, I want you to visualize a metaphor. Think of your body as an engine, and anger as the fuel upon which this engine work. Now, if somebody ignites the fuel, the fuel would start burning and exploding into small bits. If no immediate action is taken, the situation would worsen and soon, the engine would explode due to high pressure built inside the engine.**

**Many of the people visualizing this scenario would develop a sort of bias for the engine, and would prefer not to have such a mechanism. For those who fall in the above category, I want to remind them that this very sort of engine is the backbone of our society, and our modern livelihood.**

**IT IS ONLY THROUGH PROPER ORGANIZATION THAT SOMETHING HARMFUL IS CONVERTED INTO SOMETHING USEFUL**

**And the same applies for anger.**

**Whenever you feel angry, don’t try to subside it or hide it, but reveal it, give it a voice and organize its flow.**

**THE BEST WAY TO DEFEAT A WEAKNESS IS BY CONVERTING IT.**

**Now, at this point in our course, I would like to introduce you to the concept of Anger Management.**

**Anger Management is something similar to crop cultivation; you weed out the unnecessary crops, plant seeds, and look after them.**

**One of the advantages of Anger Management is that it allows you to instantly motivate yourself for any action. If you master this skill, you would be able to motivate yourself to do anything at anytime.**

**So, are you ready to learn it? Alright! Just follow the steps.**

1. **Identify the kind of person you are.**

**Some people are a fuel of high calorific value, some are a fuel of high ignition temperature, some are a fuel of low calorific value, and some are a fuel of very low ignition temperature. Determine the kind of person you are. Introspect and find the answer.**

1. **Ignite and organize.**

**Once you have realized the kind of fuel you are, adjust accordingly and find means to ignite and organize yourself.**

**If you are a high calorific value fuel or someone who if got angry would do almost anything, then you should plan activities during the time when you get really angry. Use the extra blood pressure that you get when you are angry for paving your path to success. You should plan out activities like learning a new skill, or doing something that you had always hated.**

**If you are a fuel with high ignition temperature, you would rarely ever get angry, but if you do, you should do activities like walking in a park, or reading a book.**

**If you are a low calorific value fuel or someone who doesn’t have the potential to do anything when they get angry, then you should simply lay off, and start up activities like reading a book, or strolling in the park. This would fresh up your mind, and would motivate you to take positive actions in future.**

**If you are a fuel of low ignition temperature or someone who gets angry a lot of times in a day, you should plan activities to complete a simple self challenge every time you get angry.**

1. **Striking a balance.**

**To a great extent, the success of any anger cultivation techniques depends upon the individual’s ability to strike a balance between lots of anger and no anger at all.**

**You should continuously regulate and monitor your needs. A lot of fuel, even when it is put to proper use may damage the engine, and the same holds for anger.**

**REMEMBER, the key is not to produce anger, but to organize it!**

**So, here it is- the complete guide on what anger is and how to manage it. I think you are feeling better already.**