

Overcome Anger Forever

Admin*: If this guidance helps you, please **share/forward this message to those who needs help to overcome an 'anger' related issue.

🌴 The feeling or emotion of 'anger' comes at many levels... Feeling at "unease" or say "annoyed" also comes in this same category. A stable mind would not be at unease under any situation. And this precisely is our purusharth >> so as to bring our mind in our control. And that happens only with a right balance of "wisdom" and "practise of meditation" as explained below:

🍀 The 4 main Steps 🍀

1 ➡ *"Consciously creating POSITIVE and PEACE thoughts during meditation"*

❖ **Practise**: We suggest you to start with Swamaan Abhyas (Affirmations practise) for which we have this guide letter 👉 <https://files.shivbabas.org/wp-content/uploads/Swaman-Abhyas-Guide.pdf> (save link. everything explained on this PDF)

2 ➡ Practising "self-control" at the moment you catch the emotion of 'anger' (*may it be self created or in response to a situation*)

❖ **Practise**: The moment you feel anger, alert yourself and take control of the senses... go within and check the nature (quality) of your thoughts >> then guide your thoughts to be STABLE and gradually

calm the mind with 'rightful judgement' of the given situation (with a detached point of view) AND reminding yourself that "I AM A PEACEFUL SOUL" and "*every soul is equally peaceful*" and "*everyone is right from their own point of view*" (this way guide your thoughts to calm & stable)

3 ➡ Regular practise of RajYog meditation will bring "clarity" in your thoughts/mind, discipline in your physical senses, and stability in your emotions. This is the way to connect to God (source) >> ★ **Learn RajYog meditation** 👉 <https://www.shivbabas.org/rajyoga-meditation> (our official guide)

4 ➡ **Remember:** Changing a Sanskaar such as "anger" can take time... and needs patience to be completely removed from our consciousness. Be merciful to yourself & to others around you... Every soul is on its own "journey" and we all are doing our best at any point in life (given our own view of life)

🌸 **Remember:** "*Patience is the evidence of Love*" >> so by all means keep patience with everyone you claim to love. "You will get back what you give out to them."

★★ FURTHER HELP ★★

To overcome anger issue, we can provide you many relevant VIDEOS you can watch, understand and APPLY in life... to see positive results



★ Selected Videos for You ★

Speakers: *BK sister Shivani, Sandeep Maheshwari, Sadhguru*

1. (Hindi) Anger management ➤

<https://www.youtube.com/watch?v=W1xPjVyd8nw> (BkShivani)

2. (Hindi) Anger-free lifestyle ➤

<https://www.youtube.com/watch?v=O8jq3MfWp4o> (BkS)

3. (English) Quit anger ➤

<https://www.youtube.com/watch?v=8Nmr8rBns30> (BkS)

4. (Hindi) How to Control anger? ➤

<https://www.youtube.com/watch?v=Pfbnc-u8Ta4> (Sandeep M)

5. (Hindi) Overcome Fear & Anger ➤

<https://www.youtube.com/watch?v=EVNNzwHWq78> (Sandeep M)

6. (English) How to Avoid & Control anger? ➤

<https://www.youtube.com/watch?v=QAsJvKsd2Xk> (Sadhguru)

7. HEAL emotional hurt ➤

<https://www.youtube.com/watch?v=qraj8clhDx4> (BkShivani)

8. How can one HEAL the SELF ➤

<https://www.youtube.com/watch?v=Lt83hOCJSQY> (BkShivani)

* Self-management series ➤

<https://www.youtube.com/playlist?list=PLsc5xwFxdofzdVvaHu2Uhw2X-k9ecVGIR> (very useful)

👍 Watch all 8 videos & follow the series on "self management" for daily spiritual support and guidance.

🌻 We are sure you would be able to overcome anger by following the **4 STEPS** and the methods explained on those videos >> Follow the teachings in your practical life, and see the *gifts and good changes* it brings.

Blessings..

ON GODLY SERVICE,

Manager, Samadhan, Shiv Baba Services Initiative (SBSI)

Main Website: www.shivbabas.org

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