

Anger, Spirituality & Soul Hygiene TM **In treatment**

Some people come in for therapy to resolve and to dissolve their anger. Anger, anxiety and the need for control move in a circular fashion, one triggering the other. Often times, the person suffering from this personality issue identifies anxiety as the major source of their distress. It seems that, most people find it easier to admit to feeling anxious as opposed to being angry and/or controlling. Excessive anger is one of the major sources of psychological distress and dysfunction. It is destructive to intrapersonal and interpersonal relationships. All of us are challenged at times with letting go of the disappointment we harbor against others or ourselves.

Individuals suffering from anger tend to be impatient, judgmental and extremely negative. They blame others for all that may go wrong in their lives and refuse to take any responsibility for their actions. They are easily agitated and have difficulty handling stressful situations. Their behavior can cause deep emotional wounds in others. These individuals are highly sensitive, but not sensitive to others feelings and needs. Individuals suffering from excessive anger are usually self-absorbed and focused only on their own needs yet they have a tendency to see themselves as loving and caring. They refuse to accept feedback and guidance and can remain in denial for most of their lives if they do not seek help. They have a hard time expressing their thoughts and feelings and resolving issues in a timely and effective manner. Moreover, they often lack the ability for critical thinking, communication and problem solving.

When individuals with the aforementioned problems come in for therapy, their goal is to attain peace and happiness. After addressing many objectives through the course of treatment, we focus on exploring their spiritual dimension. While all are aware of the physical dimension and many are aware of at least some of the emotional aspects, the vast majority is unaware of their spiritual dimension. As we explore, they quickly come to realize that nothing operational can fully function on one or two thirds.

People often equate spirituality with religion and they are relieved when I tell them that spirituality is not religion; rather it is an experience of oneness with the universe, the mystery that we call God in faith and hope. Spirituality resides in the essence of who we are, in the deepest core of our self.

Warmth, love, peace, kindness, gentleness and affection are what we seek and the yearning for these virtues comes from our true self. When anger replaces these emotions we become incapable of giving or receiving warmth, peace and affection. The attainment of peace and happiness lays in the exploration of the core self (who am I and what am I all about?) and once we find answers to these questions, we experience the domain of spiritual awareness, which is connected to a deeper understanding of the workings of the Universe and its mystery. It raises our consciousness to a level that our being, thinking, feeling and behavior are now

synchronized; all working together intentionally and harmoniously. At this state we attain Soul Hygiene.

Soul Hygiene, therefore, refers to a healthy state or condition of the essence of an individual. An individual who possess Soul Hygiene will have purity of mind and of spirit; necessary elements for self-esteem and confidence. Those who have Soul Hygiene will be void of malice, jealousy and excessive anger and will have the grace to forgive and to ask for forgiveness. In addition, they will have personal standards and practices conducive to healthy living that will promote serenity of mind, calmness, resiliency, grounding, peace and harmony.

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