

Since making the distinction between [Anger and Rage](#) in a previous article, a number of people have inquired about how to dissipate long term anger. The anger in question is the type that festers and a person can brood over. Anger then becomes a stuck emotion which needs to be cleared. It is the stuckness which is the problem, not the emotion of anger in itself.

When anger gets stuck as an obstructing and destructive pattern, it needs to be cleared from our systems. If it is not cleared and it becomes ingrained than it can lead to all sorts of mysterious illnesses and bodily malaises. Additionally our mental health can degenerate and we become unhappy creatures.

There are a few ways to shift anger and momentarily I will share what I think is one of the best techniques. It is a really good technique for shifting long term and ingrained anger. Just before I do though, a quick reminder that rage is different to anger and that this technique would not work during a rage attack. It can however be used in between attacks, this combined with some meditation, some mindfulness and a few other things really does change rage attacks over time, but it does take time.

The technique may surprise a few people, but it just has such an amazing success rate that it is well worth trying particularly if you have become enslaved by anger. The technique is to pray for whoever it is that you re angry with and to wish them good fortune or to bless them in some way. It sound very new agey, but it does have some basis for why it works so consistently well.

What seems to happen is that it disrupts the buildup of anger in our minds. Instead of wandering down the path of anger, the blessing or bestowing of good wishes engages different regions of the brain. So while it may initially seem like a purely spiritual exercise and something we would typically associate with religions, there is a sound physiological basis as to why it works so well with anger. The energy of anger turns into a form of benevolence over time, most particularly if it is practiced diligently.

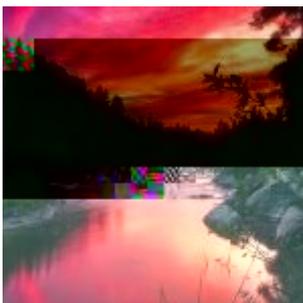
Just before ending, I do not use prayer in the religious sense here. It would not matter what religious or nonreligious perspective a person used to pray with. The most important thing is adherence to having a benevolent form of prayer to the people or person whom we are angry with. As long as the main premise of benevolence to the person or people which we are angry with is adhered to.



Exhale Hate Inhale Love



Recognizing Differences between Anger and Rage



Anatomy of Emotions: Why we Should Embrace them Fully.



Putting Violent Feelings,
Thoughts and Beliefs on
Trial