

Live Well Lifestyle Teleseminar

Recap & Recording

August 15, 2013 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Anger

“Anger is a mask for fear.” Byron Katie

Anger is an emotional reaction when you feel out of control. It is used to intimidate, manipulate and even motivate. Anger says, “I am feeling powerless and I need to be heard.”

For me the thing that triggers anger the most is not getting my way. When I have an interpretation of how life SHOULD be and how other people SHOULD be and they aren't, I loose.

“How do you treat others when you hold beliefs about them?” Byron Katie

Should's are good indications that a battle of will's is about to arise. In my mind I am trying to make people think and react like me. They should, he should, she should..... are red flags that I am entering the danger zone. If I am reacting then there is a cord in me that is being struck that I am resisting.

There is so much more to anger management then breathing and expressing anger appropriately. How do we get to the real truth beneath anger? Look at what you are resisting. What is it you fear?

Live Well Lifestyle Intention: I choose to be at peace with everything in my world. I let go of anger, resentment, comparison and opinions of others.

Thought for the Day: When you use the knowledge of how to create things in your life, you must do so from a place of love, never from a place of fear. Fear pushes what you want away from you. Love draws it in.

You cannot create healing from an illness, for instance, if you are in fear of the illness itself and seek to create from that place. Nor can you create abundance from a place of money worries. In either instance, you will have no "luck" at all. Creation starts from a place of LOVE. Loving what IS, and loving what is to come! –Neale Donald Welch

Becoming Anger Free: In order to be free you must recognize you are in reaction and out of control.

“A feeling is nothing more than the effect of a thought.”
Byron Katie

When you are feeling angry recognize you are the effect of a thought. Investigate the thought. Who would you be without the thought? Does freedom come to mind?

“Shoulds” are expectations unmet. Bottom line is if you want to be anger free, release the expectations, the demands of how others ought to be and how the world/life should be. Friends and enemies show us who we are. Others are the mirror image of yourself. You are arguing with yourself.

Trying to change people and life is like trying to teach a cat to bark. Get rid of the concept and meet the person. To change, lighten up and use compassion and understanding. Now go have a compassion-filled day.

Louise Hay Can Do Card: I forgive everyone in my past for all perceived wrongs. I release them with love. Today I listen to my feelings and I am gentle with myself. I know that ALL of my feelings are my friends.

Closing Thoughts: Peace is wanting what you have.

To Let Go

To let go is not to stop caring
It is recognizing I cannot do it for someone else.
To let go is not to cut myself off,
It is realizing I can't control another.

To let go is not to enable, But to allow learning
from natural consequences.
To let go is not to fight powerlessness,
But to accept that the outcome is not in my hands.

To let go is not to try to change or blame others,
It is to make the most of myself.
To let go is not to care for, it is to care about.
To let go is not to fix, it is to be supportive.

To let go is not to judge.
It is to allow another to be a human being.
To let go is not to try to arrange outcomes,
But to allow others to affect their own destinies.

To let go is not to be protective,
It is to permit another to face their own reality.
To let go is not to regulate anyone,
But to strive to become what I dream I can be.

To let go is not to fear less, it is to love more.

Gerald G. Jampolsky

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