

---article..6th Sept 2013



The root causes of anger....

Why is it that I don't have good money..
Why is it that I don't have supporting good people..
Why is it that I have to adjust and surrender in the relationship...
Why am I seeing so much struggle and hardship in life...
Why are my parents not been able to understand me..
Why can't my spouse understand me.....
The unfulfilled expectation in relationship, the unfulfilled desires for the future and undelivered communication in the needed goals, leads to lot of irritation, frustration and anger...

Any time we sense irritation, frustration or anger emerging inside our consciousness, if we take a close look at it, we will notice we are fighting a war in our

consciousness with one of these three: either with **another person**, most obviously or with **the past** or with **our self**.

We are at war with the past because our anger is always towards something that has already happened and looking at it we react emotionally which means we are trying to change it, which is impossible. Any scene that has taken place a year ago, a month ago or even a second ago cannot be changed. We may be completely convinced and we may believe we can. That's because we hold this belief subconsciously. Somewhere and sometime in the past, we have picked up and absorbed the belief that the world and its circumstances should shape up exactly as we want.

When our internal desire of a certain type of circumstances is not fulfilled, or in other words something against this belief happens, our instant reaction is one of the various forms of anger and we tend to try and change the incident that has happened in a far-off past or a past that has just gone by. We keep replaying a revised incident, with words and actions that we would have liked and that suit our convenience and we also keep nullifying the actual incident or remain in a un-acceptance mode towards it. This is like fighting a war with the incident. We tend to do this inside our minds, repeatedly, even realizing somewhere deep within, that it is impossible.

We are at war with our self when we fail to make the world do exactly what we want, or we believe we have let our self down. An e.g. of a war with one self is - Suppose you are standing in a queue waiting for your chance to arrive, only to discover an hour later, just when your chance is about to arrive, that the time for the counter to close has come and the counter has closed. You get upset, but with whom? Perhaps the person at the counter at first and may be with the other people in the queue and then with yourself, for not having found out the time of closing of the counter. There are two failures that make you uneasy here. First you failed to ask someone early enough, which would have saved you the hour time loss. Second, you failed to control your emotions of anger. Although you might not externally admit that you failed, inside you know. Because of these two failures, you then start to get **angry with yourself**.

The thought pattern that goes inside your mind: to fail is to lose, to lose is to be sorrowful, to be sorrowful causes me to become angry, as you look for an external cause of your sadness which, in this case, is initially the person at the counter and the other people in the queue (who would have known the time of closing and could have told you). So you demonstrate to others your justified anger towards them. But deep inside you know it is you yourself that has made you sorrowful.

As the anger builds up inside you, again, after a while, you find someone else outside on whom you vent out your anger. You seem to feel better as a result, but it's only temporary. **The next time you become angry; interrupt the pattern of your anger by asking yourself two simple questions: Who are you fighting a war with? Answer: Yourself. Who is suffering the most due to the war? Answer: Yourself. And if your anger is directed at yourself for your own supposed failure then just tell yourself, "There is no such thing as failure, only a different result from the one that I expected and results are not going to be exactly as I want, expect or desire. That is a rule of the game of life."**

Change is the process of life...if you can't change a situation, the least you can do is change yourself...change for better...change your mindset...change beliefs.. change attitude.. change behavior... change yourself for positivity.. change for progress... change to reach to higher consciousness...when you fix things, situation, relation, attitude, behavior, mindset, beliefs, there is stagnancy and no room for growth and change...change the root causes of anger

With Divine Guidance for your best life

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