

Day 2: Understanding Anger (Born of Unfulfilled Desires)

A Guide by
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Day 2: Understanding Anger (Born of Unfulfilled Desires)

Purpose: To understand how anger arises from unfulfilled desires, and begin the purification process by recognizing and managing it.



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1. Understand the Concept of Anger

- **Action:** Anger is a natural emotion that often arises when our desires are unfulfilled. It can manifest when things don't go as we expect or when we don't get what we want.
- **Simple Explanation:** Anger = The emotional response when we feel frustrated, helpless, or when our desires are blocked or unmet.
- **Example:** "I felt angry when my presentation didn't go as planned. I was expecting praise for my hard work, but when the feedback was critical, my desire for recognition wasn't fulfilled."

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2. Identify Triggers for Your Anger

Action: Reflect on moments when you've felt angry.

- **Ask yourself:**
 - What happened right before I got angry?
 - Were my desires or expectations unmet?
- **Write down 3 situations in the past week where you felt angry.**
- **Example:**
 1. I was frustrated with my partner when he/she didn't listen to my opinion.
 2. I became angry when I was stuck in traffic and missed an important meeting.
 3. I felt irritated when a coworker took credit for my idea.

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3. Understand the Root Cause of Your Anger

Action: Reflect on what desire or expectation was not met in each of the situations you listed.

- **Ask yourself:**

- What was I hoping for or expecting in that moment?
- Why did I react with anger when things didn't go my way?

- **Note:** Anger often arises when our attachments to outcomes or expectations are challenged.

- **Example:** "When my partner didn't listen, I was expecting them to acknowledge my feelings and show support. The unmet desire for validation sparked my anger."

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4. Observe Your Reactions to Anger

Action: For the next **12 hours**, pay attention to any feelings of frustration or anger.

- Notice if you feel angry or irritated during any situation.
- **Pause and ask:**
 - Is this anger arising because something I wanted or expected isn't happening?
 - Can I identify the desire that is unfulfilled?
- **Write down any moment of anger you experience during the day and reflect on its cause.**
- **Example:** "When my coworker took credit for my idea, I noticed the anger was fueled by the unmet expectation that my contributions would be recognized."

5. Set an Intention to Respond with Calmness

Action: Choose one situation from the day where you felt angry and set the intention to respond differently next time.

- Instead of reacting with anger, try to breathe deeply and respond calmly.
- **Example:**
 - If you feel anger rising due to someone's behavior or an unmet expectation, practice taking a pause for 5-10 seconds, then choose a calm, non-reactive response.
 - "Next time, if I feel anger rising because of criticism, I will take a deep breath and calmly acknowledge the feedback, instead of immediately reacting with frustration."

6. Evening Reflection (Journaling)

Action: Before ending your day, write down your reflections on the day's experiences with anger. Here are some examples to guide you:

- **How did it feel when you identified the root of your anger?**
- **Example:** "I realized that most of my anger today was because I had expectations about my colleague's behavior that weren't met. When I understood that, the anger felt more manageable."
- **Were you able to identify unfulfilled desires that led to anger?**
- **Example:** "I wanted validation for my ideas at work, and when it didn't come, I felt angry and dismissed. Recognizing this helped me detach from that desire."

How did your reactions to anger change after becoming aware?

Example: "When I paused and reflected before reacting, I noticed I was less impulsive. I felt calmer when I acknowledged the source of my anger."

Did you feel any sense of freedom by letting go of anger?

Example: "Yes, when I stopped holding onto my anger and accepted that things don't always go my way, I felt lighter and more at peace."

What is your takeaway about how unfulfilled desires fuel anger?

Example: "I learned that much of my anger comes from unmet desires. If I can address the root cause, I can manage my reactions better and avoid letting anger control me."

Guided by Bhagavad Gita Wisdom:

Anger arises when desires are not fulfilled, leading to frustration and emotional instability. Krishna teaches in the Bhagavad Gita (2.63) that unfulfilled desires cloud the intellect, leading to anger. Anger disturbs mental clarity and derails our ability to make wise decisions, blocking our path to spiritual growth.

Relevance:

Recognizing anger as a reaction to unfulfilled desires helps us disassociate from it. By practicing self-control and maintaining calmness, we bring peace to the mind and avoid unnecessary conflict.

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End of Day 2

Summary:

- Today, we have identified how anger arises from unfulfilled desires and began to detach from those desires.
- We have practiced responding to anger with awareness instead of reaction. This is an important step toward purifying the mind and emotions.



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