

Anger!

Question: I understand that anger is a part of the living process, is that correct?

Anger must be a very beautiful thing because a lot of people have taken to it. It must be a very wonderful thing because so many people have chosen it, like cola! Probably more people are into anger than cola, isn't it? But they have not chosen, they have helplessly fallen into it; that is the problem.

They have fallen into it — or in a way, they have chosen it unconsciously — because for most people, the most intense moments in their lives are those of either pain or anger. These are the only two intensities that they know; and every human being always longs for intensity.

Why all these thrillers, action movies and sports events are so popular is because people want some intensity somewhere.

Remember the film *Gladiator*? Watching these gladiators is a sport, a wild sport. War was a sport, because it is not the violence, the blood, or the killing that people like. People want to see something intense. They don't know how to be intense except through physical action, or through anger, or through pain — these are the only ways they know how to be intense.

The very reason drugs and sex have become such a big thing in the world is because people want to somehow experience some intensity at least for a few moments. It is the intensity that draws them. Intensity is the only thing that man is seeking, and that is the only thing that will liberate man from his present bondages.

Anger is an enormous intensity; it is an intensity which hurts you. It is an intensity which can destroy people around you and yourself in so many ways. It is an intensity which gets you into absolutely stupid states of action. Your attachment to anger is not to anger itself. It is just that you like the intensity of it. Though you know it causes so much damage, now and then you want to get into anger.

But people have also done wonderful things out of anger. A lot of people still believe genuine action will come forth only in

anger. Say we have to fight a battle to protect ourselves, our families, our country, or our world.

Whichever way, we have to fight a war. We can fight a war without anger very efficiently, but people would like to fight with anger because they do not know how else to become intense. They have to create anger; that is the only way they know to be intense and to perform intense or fruitful activity. That is the only way they can get themselves to do certain things which they would otherwise be incapable of doing.

So do not worry about your anger. At least in anger you are becoming intense. It is time to transform this intensity into higher levels of intensity where it is very beautiful. I am happy at least somebody is able to get angry. I cannot bear with people who are eating eight meals a day and are just lethargic, and nothing happens within them; they do not even get angry. If anger is happening, at least some life is cooking within you; life is still kicking.

Inner Engineering with Sadhguru from December 16-18 in Mumbai.

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TURN BAD TO GOOD: Use your anger productively.