

PUBLIC RELATIONS

Anger to Compassion

His Holiness Sadhguru

It doesn't matter how much people preach 'don't get angry', when certain situations arise you get angry. I want you to understand this. It does not matter what kind of human being you become, even if you become a super human being, you will never have absolute control over the external world. Whether it is your institution or your family or the world, you will never have total control over the external situation. But you can have total control over the internal situation. Emotional states you call as anger, what you call as hate, as lust or as compassion and love from the lowest to the highest - are certain types of expression of the same energy. Now, a question has come 'Can we exist without anger?' This is probably because your anger is the most intense situation you have experienced in your life. People want some intensity, somewhere. They don't know how to be intense. Either through physical action, or through anger, or through pain this is the only way they know how to be intense. The very reason why these drugs and sex has become such a big thing in the world is somehow they want to experience some intensity, at least for a few moments; they want to know some intensity. It is the intensity which draws them. And as you

know, I am always talking about intensity because that is the only thing that man is seeking for, and that is the only thing that will liberate man from his present bondages. Unfortunately for most people, their fear, their anger, their hatred are the most intense situations in their lives. Their love is never so intense, their peace is never so intense, their joy is never so intense, but their negativities are intense. So they experience power in negative situations. So anger is enormous intensity; it's an intensity which hurts you. It's an intensity which can get you into a



lot of trouble. It's an intensity which can destroy people around you and yourself, in so many ways. But if you transform your energy in a certain way, it naturally becomes compassion and love then nobody needs to teach morality. And slowly as this process goes further, you reach the pinnacle of self-awareness and experience a unity with all life. Suppose you start experiencing yourself as part of people around you; after that no one need teach you to be good,

don't harm and don't kill. Once you experientially are a part of everything then nobody needs to teach you morality. Then you can do something for the situation, but without anger. What you have to do, you do. But when you do it with anger and hatred, it is of no value whatever you do. The whole process of yoga is based on this. One day will come when even if you are put into the most extreme situation, your energies will remain very calm. How you respond will depend on the situation you are in, who you are, what your capabilities are, and what means you have. When you act out of unity with all life, you act without identity. Only then can you function out of your intelligence. Yoga means to cultivate your energy in such a way that gradually it breaks the physical limitations and elevates you to the highest level of awareness, the flowering of human potential.

We gratefully worship and thank His Holiness Sadhguru for sending this divine article exclusively to 'Public Relations' when it completes two years. With His sacred guidance, this magazine will serve the society with courage & righteousness



V.Venkat Raj
Chief Editor
Public Relations