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Topic - **Do you use anger or anger uses you?**

By Radheshyam Pr

- This is imp topic people are talking about how to capture the constructiveness of anger rather than not to become slave of anger and brings degradation of anger
- Tolerance is always an solution for angers
- There are 6 reason why we need to tolerate - that tolerating with wisdom and if you artificial tolerate that is suppression that would bring out anger in later time and that will lead to pursing of anger in later time and it will explode in later time.
- Solution to deal with anger is very imp
- Eg of murari bapu when wife says to murari bapu that my husband always fight with me and its like a kurukshetre war and murari bapu said take this water bottle and whenever husband fight then just hold water in your mouth and after going to home when husband starts arguing with her, she immediately sipped and hold water in her mouth and slowly her husband's anger starts down
- If we learn tolerance for better future manytimes we succumb into anger like a match stick
- For eg - mother has given time to play for an hour and give angry look to child and child will afraid and take up the book and study and anger must be used in a regulated way. Externally, mother has to show anger in you, but internally she is merciful and calibrated way.
- Many times, we becomes slaves of anger and if we don't know put the fuse and we put into the sockets and we get shocks and similarly, if we don't know how to use anger then it would give so much shocks and ruins everything and ruins our professional success, produce internal dieases like depression, or taking drugs for inorder to forget the hatred towards others. It is very very danger of anger used not properly
- This are all emotions and we must answer properly and if not answered then it may be come in an ugly way
- Anger is short letter of danger and it is momentary one get mad at the time intelligence goes goodbye and goes way and one acts in a improper way intelligence comes back and say sorry
- Many people have after thought and they regret to this things and that was often get too late.
- We love every jam but we don't love traffic jam and we don't want last moment assignment and many don't want to wait in a line for an hour and sometimes our computer get stuck up and we get irritate and how long it would be.
- We need to know that our anger would show our valuable purpose in our life
- CEOIF - if I am ceo then I will behave properly
- Everyone want to need to be controlled and my company is 400 emp and all are under me and saluting me and honoring me and people see this like this generally and people rarely think of the people rise above me and shastra says you don't serve people only above you but you also serve people below you
- When I used to goto rnsn then maharaja says to radheshyam prabhu and even he can say radheshyam but why prabhu then later on I learned that we must give respect to serve others. The right consciousness is to serving others.
- If we are mentor for someone and they liked your guidance and if they are unhappy then they are unhappy with you then services is not serving the purpose and the best way to serve you is I will suggest another person to mentor you

- We see in the mood to controlling the situation and no one will like us and people will get fed up when we tries to control them
- Servant-leadership means that always leader asked how can I serve others and becomes satisfied and let them make them succeed that's when real leader become truly happy
- If you adobt servant-leadership consciousness then we give up the controlling consciousness
- Everyone in this 3 things C.E.O.
- Controls frustrates us - people wanting to be controller, proprietor and enjoyer. Rnsm said big people controlled by small people and small people controlled by big people. RNSm said that tiger in the forest comes into the den and bird sits on his head and nor that tiger stops playing his sound nor kill her. How small bird able to control that tiger although tiger is actually terror for all forest in animals
- Simialrly, hiranyakashipu created terror for the whole world and he was not able to defeat his tiny son prahlad
- Similarly, those who are in the position of boss, subordinates can create troubles by non coperation and job render and superiors can trouble by aggression and in this way both troubling each other because they want controllership
- Everyone tend to claims to controllership and that causes anger to arises and other is expectation and everyone should honor me and everyone should love me and I should never commit mistake and behalf of this expectations and treat fairly and in this world there are cheaters and cheated and we must be careful that SP said don't get cheated and don't cheat others
- and we have certain expectation then we get angry and we need to find out what all expectation we keep in others whether reasonable or unreasonable
- If we have too much respect our opinions then we will not able to listen to others and we think that I am the best, our mind may say like this
- Sometimes, team leader comes and tells us that you are all giving mediocre ideas and that do you think that such subordinates coperate with him but they will cooperate to make sure that leaders ideas fails and therefore such team never win
- In Ramayana, rama took every opinion with bhibhishan and then later when bhibhishan asks opinions then Lord Rama gave his opinions and if you respect others ability and value other's opinions then we can able to have other's collaboration.
- Krsna has given one mouth to speak and two ears to hear. So, we must express our opinion but we must willing to listen other's opinions
- Krsna says I am the strength of all strength and we must know that lord has given different ability and not that everyone is mediocre and one has to value other's opinions
- In this world people are in ignorance and passion and they are emotionally driven and they may say that due to circumstantial situation and similarly, if a person is emotionally driven then you don't need to worry too much, he will say sorry when he will be in conscious and don't need to take seriously
- If we make a mistake its better to accept a mistake then immediately that other person may able to forgive. Otherwise, if we think that why this person insulting then they will also show their false ego if you show your false ego.
- Eg hanuman, Similarly, Most of the people in this world most of the angry exchange because of too much respect of their own ahankars and if we angry exchanges one has to be humble and sit down and walk over
- If lust becomes not fulfilled then anger arises and there are many perceived threats and anger is the emotional response to these perceived threats and if we detect it then we will be able to save from our own anger
- And attempt to control and eventually not to able to control is the cause of our emotional upsets and most of the problems lie on this
- We are not a controller but co-workers of god

- Husband depends on wife and wife depends on husband and we are all interdependent on each other and we are absolutely depend on each other and one must recognized that we are parts and parcels of krsna
- and we are like a leaf of tree and God is like a root and everything is sprouted and maintained by God and I am a Co-worker of God and not independent and if we are not accepting this fact then we get frustrated.
- Right conception is - lord is boss and I am his das. Sthitha dhuli.. Sevavruti like hanuman, not ravana(bhogavrutti) we must able to serve and empowered and help them to get rid from difficulties and we must serve them
 - Give up unrealistic expectation - In school days, write qualties of ideal friend and I wrote 20 qualities and now encircled those quality which you possess and we rounded up 3 or 4 and teacher said you possessed 4 our 20 and you expect 20 qualities
 - Right definition of success -
 - Cultivate spirit of universal goodwill and friendliness -
 - May wicked becomes virtuous, tranquil, free from bonds and free other free. And we must pray for other wishing for every living beings
 - Cutivating humility - do menial services and consider below than others and not to think that to be better than everyone and we must close to them and appreciate that what wonderful quality they possess and we must be always bow down to god to possess humility
 - Humility is antidote for anger
 - Give up revengeful thoughts and cultivate forgiveness
 - Cultivate mode of goodness means what kind of food we eat and where we associate
 - Do not make other's angry
 - Acts of goodwill towards fellow beings
 - Words of goodwill sincerely spoken
 - Sharing with others upto the last crumb of bread
 - Sharing with others your higher life of flawless virtue
 - Removing all evil around you with the noble saving creed of love
 - Practice Austerity of speech - refer 17.14, 17.15
 - False ego is the root cause of anger and always comes from kaam krodh lobh
 - Seeing funny side of things in situation arising anger -
 - if new shoe bite your leg but you don't pick up shoe and bite with dirty and your mouth will become dirty. Similarly, if that person is saying bad about him and he says bad about me then how I am different than him?
 - Good leader is the one leader who willing to learn his own mistake and grow from his mistake

Thank you very much
Hare Krsna

Q) If one 2 mentor has differences of opinions due to their personal reason and tried to lord it in mentees and how to understand and be away from it

- One mentor says this is right way and other mentor says this way is right and mentees are confused whom to follow and what should be done and one thing is that we have peer relation with equals and superiors relation with seniors and we need to gather together, chant together and prasadam together and dance together and ghuyam akhyati prchati and whenever there is differences in opinions between and help each other and respect each other those who have different types of opinions and mindset so that mentees would not be bewildered.
- If mentee develops relationship with mentor then they faithfully follows whatever

mentor is guiding