



ANGER CONTROL

**Prajapita Brahma Kumari Ishwariya
Vishva Vidhyalaya**

Presented By

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WHAT

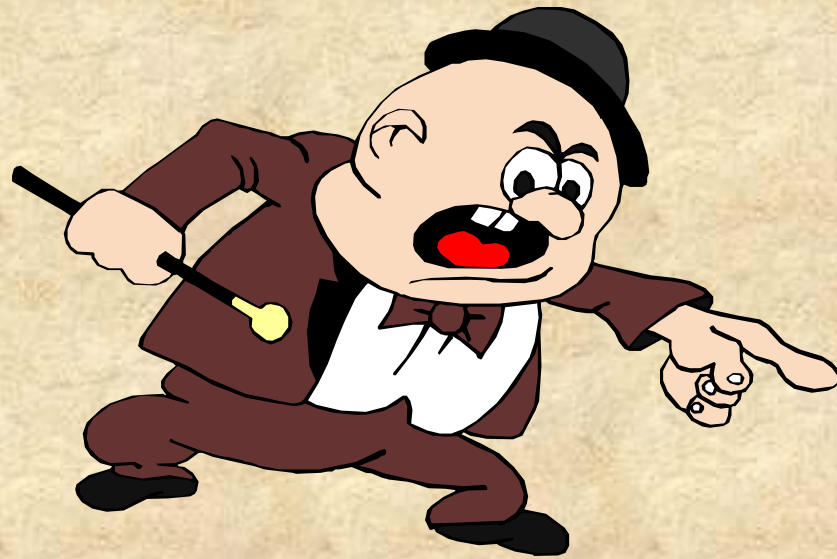
IS

ANGER?

ANGER MEANS



- ❖ **Anger is temporary insanity. For those moments the person becomes irrational and illogical.**
- ❖ **Unnatural mental state of excitement of a man confused in many problems.**
- ❖ **A mental state developed due to unfulfilled ambitions, expectations and desires.**



- ❖ **Instantaneous madness emerging in one's behavior.**
- ❖ **Manifestation of hates towards any one.**
- ❖ **Expression of vexedness towards any one.**
- ❖ **Manifestation of malice.**
- ❖ **Imbalanced state of one's mind.**
- ❖ **Constant flow of obscene and afflict words from mouth.**
- ❖ **Action performed against self esteem of a soul.**

ANGER

- ❖ **A** : **Anxiety**
- ❖ **N** : **Nervousness**
- ❖ **G** : **Greed**
- ❖ **E** : **Ego**
- ❖ **R** : **Repercussion**



SUBTLE FORMS OF ANGER

- ❖ Excitement
- ❖ To hate
- ❖ Out burst of passion
- ❖ To come in ill feeling
- ❖ The feeling of malice
- ❖ Red eyes



- ❖ **To repulsion**
- ❖ **Feeling of taking revenge**
- ❖ **To envy or to be jealous**
- ❖ **To be vexed**
- ❖ **To oppose**
- ❖ **To be displeased**
- ❖ **Mood off**
- ❖ **To keep away**



SIGNS



OF

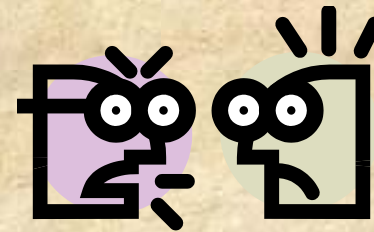


ANGER



The physical signs manifested by an angry man

- ❖ Red face
- ❖ Red eyes
- ❖ Body hairs gets erected
- ❖ Trembling of hand and leg
- ❖ Some time trembling of whole body



The mental and behavioral signs manifested by an angry man

- ❖ The state of mental imbalance and madness
- ❖ Vexed nature
- ❖ Now and then insult and disgrace others
- ❖ Impatient nature
- ❖ Egoistic and hateful behavior



Signs developed at the extreme stage of anger



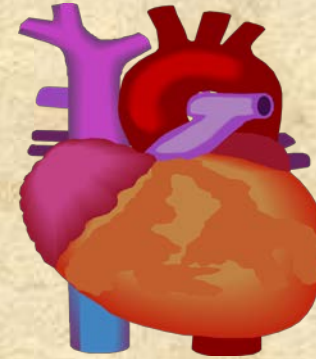
- ❖ **Obscene and violent words start following constantly from the mouth.**
- ❖ **Expressions are of violence and excitement such as speaks with raising hands high, I Will see you, What do you mean in your mind you bloody blaster? etc.**



**NEGATIVE
EFFECTS
OF
ANGER**

On Body / Physical Health

- ❖ Increase in breathing rate
- ❖ Increase in throbbing of Heart
- ❖ Becomes more prone to heart diseases
- ❖ Decrease in the pumping capacity of heart
- ❖ Increase in blood circulation
- ❖ Increase in blood pressure
- ❖ More susceptible to brain hamrage
- ❖ Reduction in immunity
- ❖ Increase in muscle tension
- ❖ Headache etc.



On Mind / Mental Health

- ❖ **Victim of madness**
- ❖ **Loss of self controlling power**
- ❖ **Loss of accommodation power**
- ❖ **Loss of wisdom, courtesy and decision power**
- ❖ **Deficiency in discrimination power**
- ❖ **Stress, anxiety, depression, frustration are developed**
- ❖ **Mental abnormalities**
- ❖ **Understanding power and perceptions get lost**



On Relations / Social Health

- ❖ It creates bitterness in relations
- ❖ Relations become tense
- ❖ Gets hated by others
- ❖ Feels loneliness in relation
- ❖ Experiences grief and repentance due to spoiled relations





CAUSES OF ANGER



- ❖ **Expectations and desires that the others should deal and behave according my wishes.**
- ❖ **When expectations, ambitions and desires are not fulfilled.**
- ❖ **When expected benefits are not achieved due to some one's Mal intended act.**
- ❖ **When some one do not do or complete assigned work or when some loss is occurred due to that.**
- ❖ **Superiority complex and inferiority complex.**

Techniques

For

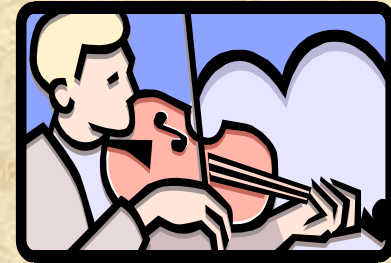
Leading

Anger Free Life



Physical Techniques

- ❖ Get involved mentally in interesting work.
- ❖ At a time drink two or three glass of water.
- ❖ Drink slowly one glass of water.
- ❖ Go away from that place.
- ❖ Get away from the bad company.
- ❖ Start deep breathing.






- ❖ Start playing games of your choice like badminton, table tennis, Wally ball, football etc.
- ❖ Start eating hard unrilened vegetables or nuts.
- ❖ Put clove or cardamoms or chocklets etc in mouth.
- ❖ Count 1 to 100 forward and reverse.
- ❖ Try to control any excitement or affliction of anger by involving the self in any physical activity.

Psychological Techniques



- ❖ **We must try to pursue and guide all our relatives, friends, subordinates and children, who are younger to us, not with strict and bitter words but with clean and clear mind, with love and with soft humble words.**
- ❖ **Whenever any injustice is made by our friend or relatives or if they lye, we should pursue and inspire them with love. We cannot derive any benefit by being angry. Against injustice we can raise our voice peacefully and face it.**

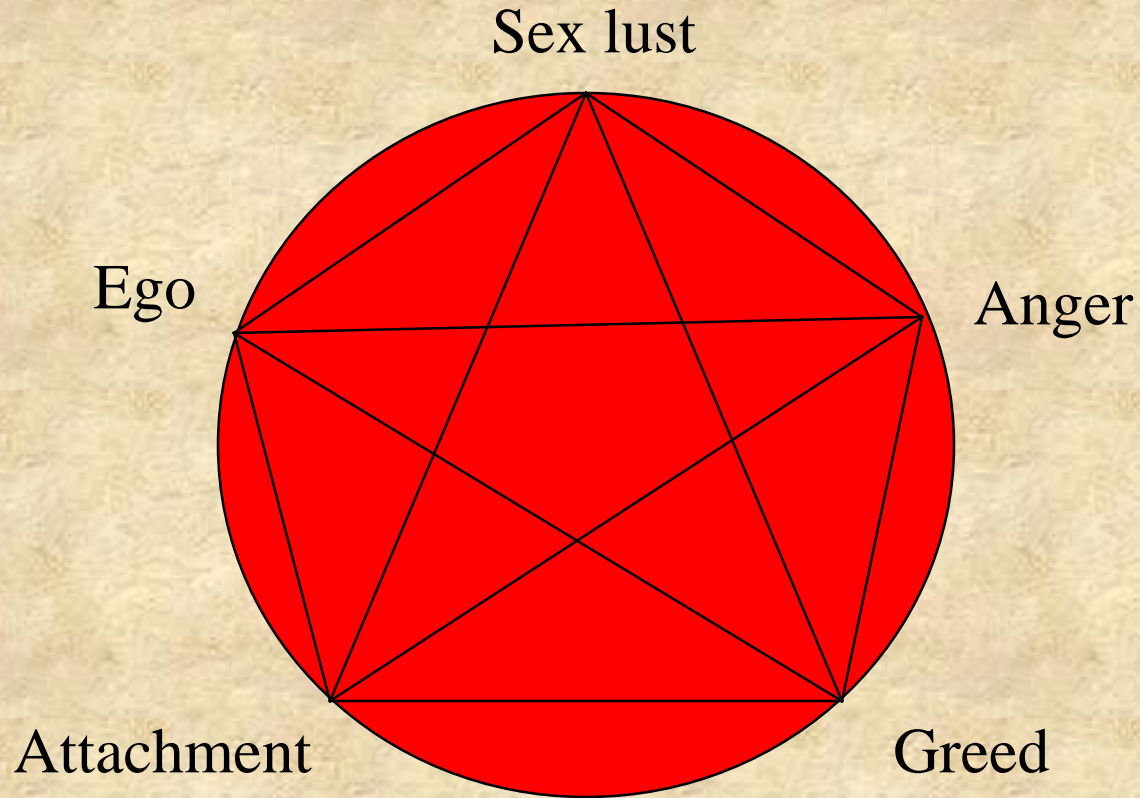
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- ❖ **Whenever you are victimized by some one's criticism, consider your critic as your well-wisher and friend. By describing your weaknesses and drawbacks, they are acting as a psychotherapist without taking any fees.**
 - ❖ **Do not compare yourself with any one else. Remember that you are unique in this world. By that you will remain free from jealousy, superiority or inferiority complex.**
 - ❖ **Keep positive attitude or outlook towards all the events and situations which you face day to day.**
 - ❖ **When any one insults you or hates you, then don't think of taking revenge but try to transform your own self. Self transformation will lead to happiness, peace and progress.**
 - ❖ **Ego and it's subtle forms, associated with self , creates imbalanced mental state. Hence to attain mental stability and peace, renunciate the ego and it's subtle forms.**



- ❖ **Pure food leads to peace of mind and easy inculcation of values in the life. It has been said that as is our food so is our mind. Hence one should not take impure food particularly not vegetarian and hot spicy food.**
- ❖ **Adopt “let go” policy and have a humble and sweet speech.**
- ❖ **Try to remain free from any sort of addiction.**
- ❖ **Try to develop inner satisfaction through introspection, self-analysis and positive thinking.**
- ❖ **Do not be selfish. Try to do most of your work selflessly.**
- ❖ **Take three tablets of divine virtues like peace, patience and love. This is the best remedy to free you from the disease of anger.**

Spiritual and Yogic Techniques


Anger is one of the five biggest enemy of the mankind.



This five vices are interrelated with each other.

- ❖ Hence unless we put our effort to get rid of all these vices, it may not be possible to be free from anger.
- ❖ Very root cause of all these vices is body consciousness.
- ❖ To liberate our selves from these vices, the only way out is to stabilize our mind in soul consciousness.
- ❖ Anger free life also demands :
 - Positive thinking
 - Positive attitude
 - Positive emotions
 - Positive values like tolerance, introvertness, peace etc



- 
- ❖ **The Spiritual understanding and the Raj yoga meditation practice are the only total and gross tools to meet this demands.**

Because Raj yoga meditation is

- **An art of physical and mental Relaxation.**
- **A mental drill, which makes our mind strong, stabile and tranquil.**
- **An art of positive and creative thinking leading to the positive attitude and positive emotion.**
- **The only technique to stabilize our minds in soul consciousness which essential to be free from vices.**
- **The sadhana, which establishes the union of our own self, soul with almighty supreme soul, which in turn enriches our soul with powers, values, virtues and especially with peace.**
- **A master key for self-realization, god realization and world realization which in turn leads to total self-transformation.**

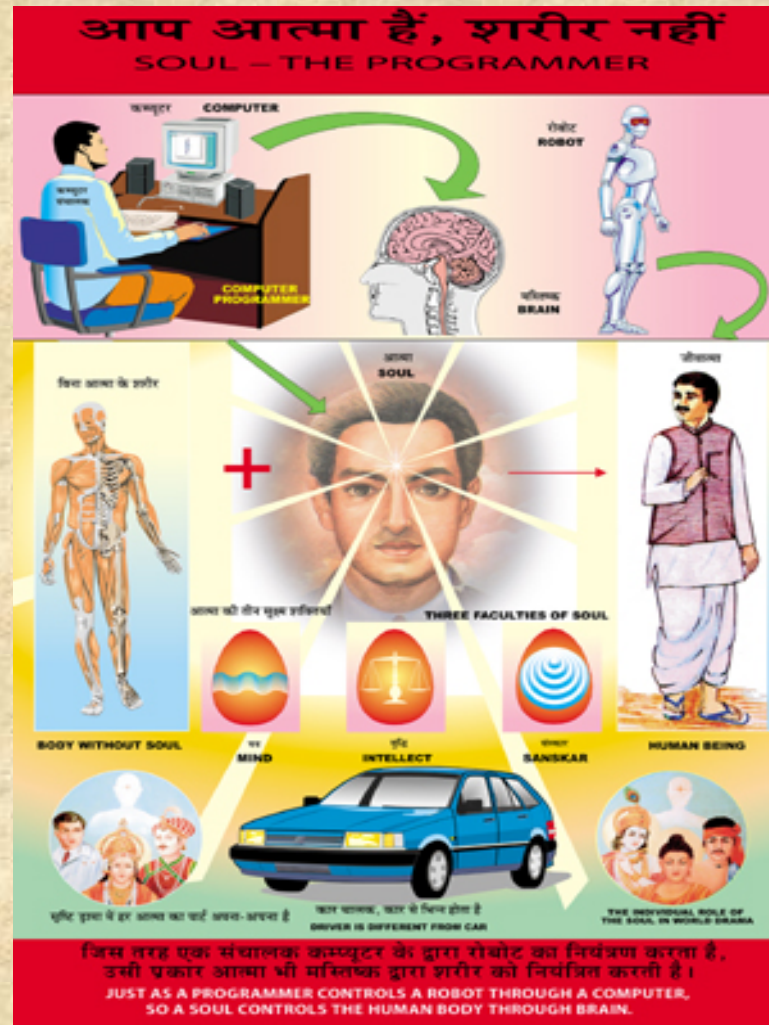
Major Steps of Rai Yoga Meditation

- ❖ **Physical and Mental Relaxation**
- ❖ **Withdrawal**
- ❖ **Concentration**
- ❖ **Introversion**
- ❖ **Introspection**
- ❖ **Self Transformation**
- ❖ **Self Realization**
- ❖ **Linking up with God**
- ❖ **God Realization**
- ❖ **Empowerment And Enrichment of Self**



Self Realization

Means knowing one's own self,



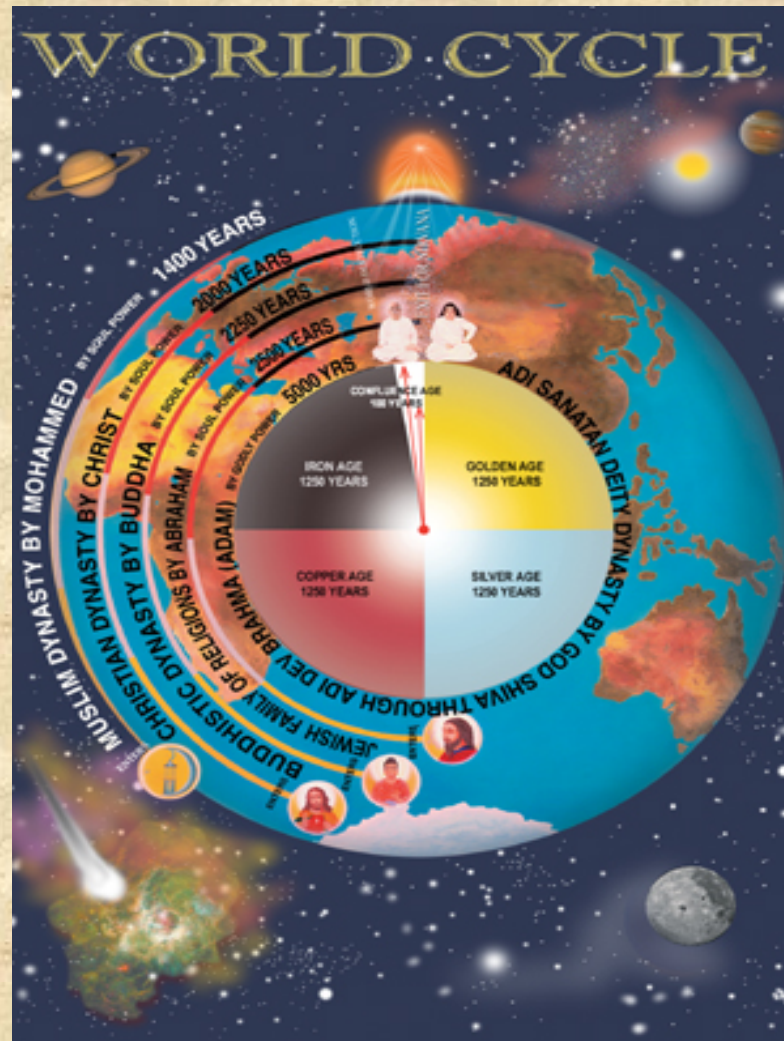
God Realization

Means having true concept of GOD,



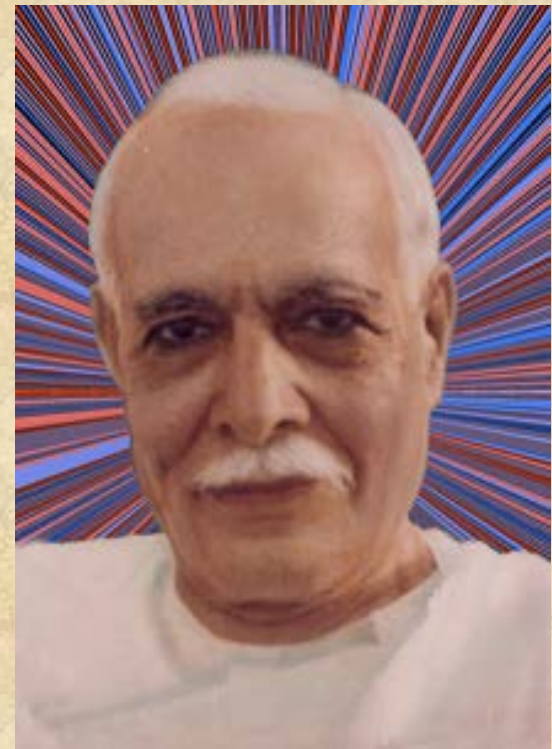
World Realization

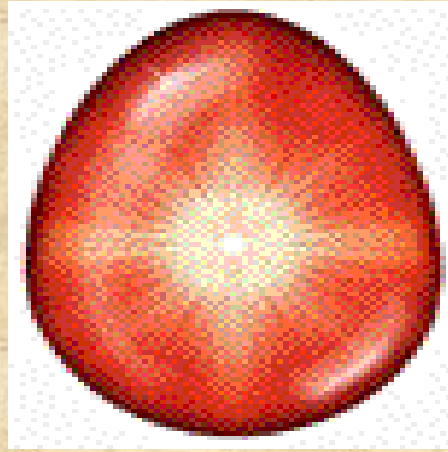
Understanding the eternal world drama and its principles,



THANK YOU VERY MUCH

**FOR YOUR ACTIVE
PARTICIPATION IN
THIS PRESENTATION.
WE HOPE YOU WILL
CONTEMPLATE OVER
VARIOUS POINTS
SHARED IN THIS
PRESENTATION AND
MAKE IT A PART OF
YOUR PERSONALITY.**





Om
Shanti