

Anger - how a taboo becomes a source of power

A translated blog from Grit Müller at <https://herzenswege.eu/2017/10/06/wut-teil-1/>



For many years I have dealt with the phenomenon "ANGER" - I was "thrown into" my anger when my son was about 3 years old. I could barely withstand his anger, and at the same time, for the first time in my life, I was rightly facing my own anger. He left me no choice - I MUST take care of that, otherwise I would have gone mad - and I was told that this truth makes so much SENSE.

Again and again in my coaching I experience how powerless people are when trying to face anger - their own as well as the anger of others.

Recently I was at a great seminar that I will never forget in my life - a seminar with Possibility Managers Monika Scherze and Dr. Rudolf Lenz, in which we devoted ourselves to the topic of "anger" for a whole day. The experiences made there have reached me deeply and caused me to write this blog.

Why anger has a bad reputation

What happens in you when you think of "anger"?

What happens in you when you experience angry people? - And what will happen if these people are those who are very close to you - your partner, your children, your closest friends?

Do you think as badly about "anger" as most of us?

Yes, anger has a very bad reputation:

- Anyone who is angry is aggressive.
- He who is aggressive is evil.
- He who is evil must go away, does not deserve love.

This is how we have it in us - that's how our "program" is coded.

Were you encouraged to express your anger - from your earliest childhood, through your youth to adulthood - to this day?

If you can answer that question with "yes" then be thankful with all your heart - you were surrounded by very conscious people.

As a rule, as a child we were not welcome with our anger. Of course - an angry child is uncomfortable for parents who have not learned to deal with their own anger – plus anger is loud, penetrating, and can be frightening.

And because most of our parents themselves were not allowed to show themselves in their anger, they acted the way they had learned: they immediately began to appease us when we went into our anger. They tried to slow us down, forbid us to be loud, sent us out of the room, or forbade us to be angry.

"Control yourself!" "Pull yourself together!" "Be quiet!" ... these or similar sentences - they are well known to many of us from the mouth of our parents.

Not infrequently, we also met their own rage massively.

We may even have experienced how people in our family hurt others in their anger - and maybe we've been hurt ourselves as well. So, in fact, we experienced that anger can be destructive.

... and that's how we came to understand that ANGER is something bad - something we must reject. Anger became more and more a **TABU** !

Let's have the truth from you - How willingly do you encourage your children to show their anger - with everything that goes with it? How sincerely do you welcome your own anger?

Could ANGER be something other than its reputation?

What if you once let anger be neutral and felt what kind of POWER it represents?

Can you feel the immense energy that is in it?

What if you had this power at your disposal?

Who would you be then?

Mostly between the ages of 2 ½ and 3 years we start to show real rage for the first time - because from that age our "I" develops, and also our "I want" is expressed now.

We begin to emerge from the pure "I am" and perceive ourselves as "different" from our environment - the small "ego" awakens - and with it also the POWER of the will.

Of course, the child now also tests its limits - and it feels all the safer and is full of confidence when it is given those boundaries.

A true boundary simply says "stop" or "no" to a certain behavior - NOT "Stop!" to letting the child feel what it feels and to begin to learn how to use its will!

It's all about fostering the anger and will of a child lovingly and responsibly-that is, by no means rejecting the child because it FEELS and expresses anger, and because it uses the energy of anger to formulate its will - but to invite him to express his anger in a way in which the child does not hurt himself or others.

Without this power and this will, we would not implement anything of what we want to bring into the world!

Can you think of a time in which someone carelessly dealt with you or others - maybe he does this again and again - and you'd rather like to "give them your true opinion" or at least say an audible "No!" Or "Stop." - but at the crucial moment you do not get a word out and only afterwards you think of everything you would have wanted to tell him?

You could not say what you wanted to say because you did not have the power you needed to say it. Because through the TABOO in you, the power of your anger has been "stuck" in a childish, unfinished form and you have not yet learned how to use it for you now - as an "adult" - to say "No!" or "Stop!" when you want to.

Our weakness can be even more extreme when we are dealing with people who are authorities for us.

But because we judge anger as something negative, we are in resistance to sensing our neutral anger energy and unconsciously refuse to use our power, even when we really need it.

What makes the difference

At this point I invite you to become aware of one crucial distinction about anger. There is anger that we (unconsciously) reject in ourselves and for which we therefore assume no responsibility. Rather, we play the "saints" and want to be the "good guys" by suppressing our anger, turning our good faces into bad games, so to say, or simply staying silent in places where there really is something necessary or useful to be said. We do not even acknowledge that we feel anger - instead we are "felt" by it. We are not using our anger. Instead it is using us, for unconscious purposes. When we really "boil with rage", we see "red" - like the bull chasing wildly behind the Toreador's flag.

Unconscious anger shows itself like this:

- We are annoyed.
- We are impatient.
- We are ironic / cynical.
- We prick or blaspheme.
- We are offended.
- We blame others.
- We threaten.
- We wrap ourselves in "icy" silence.
- We withhold.

Can you see yourself here?

Where is our clear message for the other ?!? There is none.

The other only gets to know that we are in resistance. At no time does he get clear information about what really matters to us.

At this point, the other may read painful expectations in our thoughts, and our interactions proceed along their well-known course ...

The unconscious anger contaminates everything - yet we do not speak or act in ways that could bring about our desired changes. We are really not in charge of ourselves or aware of our anger. Nor can we take responsibility for our state - instead we find other people to be "guilty".

We are not clear, we do not say what really bothers us and what we want - we are in opposition to each other instead of in cooperation - we create distance instead of proximity - we are in resistance instead of in contact.

But what if we consciously perceived and welcomed our anger? What if we could recognize anger as neutral energy and information for us to use in full responsibility as a force to do the necessary work for us in a constructive and effective way?

If we consciously take full responsibility for our anger, the inner dialogue would look like this:

"I feel angry. There is a problem for me right now and I am angry about it. I take responsibility for my anger and I use it to change the things that need to be changed. For example I create clarity. I make a distinction. I say exactly what I want or don't want. I draw a line or make a boundary.

Then anger represents a neutral energy that puts us in a position:

- **to draw a line (say "no" or "stop" or "yes" or "go")**
- **to start something**
- **to finish something**
- **to clean out something**
- **to change something**
- **to make a request**
- **to make a proposal**
- **to stand in my own wisdom**

In summary, it turns out that anger in the unconscious, irresponsible form is poisonous and destructive, blocking us from connection - neither with ourselves nor with others - because we are just in RESISTANCE.

However, if we deal with the energy of anger so that we are ready to feel it and take **responsibility** for it, then it is at our disposal to bring us into any ACTION that is important to us. We are clear, we truly share, we stay in contact and are in our POWER.

THIS IS ADULT CONSCIOUS ANGER!

By growing up and making this experiential distinction between childhood repressed anger and adult applied anger, we can take our power back

How is it possible for us to reclaim the energy of anger as a force for us, when we have locked it away for so long, burying it deep within us as a result of our (mostly) childlike imprints and experiences?

It takes four essential elements for this:

1. awareness
2. permission
3. responsibility
4. In-possession by expression

First of all, **realize** that anger is a neutral energy that allows you to get into the ACTION. Then you get an idea of who you are and what opportunities you have, if you take this power in possession.

Allow yourself to feel anger - this can even begin with first recognizing your resistance to anger and feeling. The more sincerely you are inwardly willing to feel that resistance, the weaker it will be - without you having any claim to it.

If you want, enter your own heart and invite your approximately 3 years old inner child to you. As soon as you feel it, heartily welcome yourself. Assure your inner child part that they can trust you now because you have learned some new thing-s. And now, with the language of your heart, allow this neglected or banished inner angry part to be angry with you, to be completely exposed to it - and that you love this part - with everything that belongs to him. Communicate that you are reclaiming this part so it can mature to your proper age. It won't take so long with a little practice. Feel the rage with your inner child, encourage it and STAY THERE!

Take **responsibility** by agreeing that you do not hurt yourself or anyone else. YOU have the resistance - DO NOT project it on the anyone else.

Take **possession** of anger by noticing that we consciously feel angry to one degree or another about many things. Now we can express – we can use anger in useful and practical ways every day.

The reverse applies equally: we can access conscious anger only by thinking of the energy of the hawk, or of the lion, how much we are capable of expressing.

... and now I'm sensing myself back in the seminar I recently experienced called "Anger - discover your life's fire". What joy!

Consciously express anger

A wonderful possibility is to be in contact with our anger in a protected space, under the guidance of competent trainers. This can be a one-to-one [coaching](#) session by working alone with a coach, or in a group of participants in a Training with one or more coaches / trainers.

Guided and completely accompanied you use various preparatory exercises to go specifically into your energy of the enemy - you set it up for and against nothing and nobody - you just go PURE - and after 30 to 45 seconds you can do it just as well again. This experience is not exhausting. It leaves you with an energy in your body that is completely different than before. You only go as far as you can - to your MAXIMUM - right now.

I saw that we may often think that we have so much rage-power at our disposal – but how it really looks is only revealed when we actually express it. Some people were already completely perplexed when Dr. Rudolf Lenz told us how, before he learned to consciously use his anger, he was internally throttled and banned from his anger.

It was then that I decided to allow myself to experience anger in our seminar - and can only say "indulged" in retrospect.

At first, I could hardly believe that I was actually able to **enjoy** my anger. It was an unimaginable power that flowed through every cell of my body. There was absolutely no reason not to allow this power with all my senses - it was against absolutely nothing - it could just show what it is: pure energy!

I had no fear of injury or destruction! I felt full-fledged fulfillment - because I saw what came back to me there. I went to the maximum anger that was possible for me that day. I had no idea how big my strength is!

It was an indescribably strong, reassuring and lively feeling at the same time to experience this powerful energy in me!

In the truest sense of the word, I was able to experience first-hand what it means to take possession of my power.

The wonderful thing is that with the re-ownership of our rage energy, we're setting a new benchmark in ourselves. Even if we still live with rage in an unconscious, irresponsible form, we can call that conscious power back to life over and over again - we never lose it! It is available to us to this extent from now on!

I wholeheartedly thank Monika Scherze and Dr. Rudolf Lenz for their extremely attentive, powerful and in every way [empowering work](#). This day with EVERYTHING that was possible for each participant, is forever part of me.

What you accept, you can use - what you reject uses YOU

We can not possess an energy that we reject, deny, repress, or hide. If we repress it, it own US! Then we can neither feel it nor take responsibility for it - and are hopelessly at the mercy of it. The anger energy "seethes" in secret, poisoning us and our relationships. Sooner or later, the pressure with which we cover it over will either cause us to explode or implode - both are destructive.

The emotional energy that we welcome, accept as neutral, and let flow freely through us, is always a source from which we can draw and nourish ourselves. The energy that we welcome, accept, and use responsibly is pure fire of life, pure life force for us.

With all my heart I invite you to meet your ENTIRE strength - and with it your true possibilities in a workshop or training like this!

BEING REAL

We all want to feel, see, be heard and be fully recognized with EVERYTHING we are. But this will only be possible if we stop constantly hiding parts from others and from ourselves!

Only when we show ourselves FULLY, we are also VERY visible.

The old way of thinking is that if you want to be good, try to avoid "evil". But what we try to avoid, we attract like moths to a candle. How about we trade this exhausting option of being "good" into the version of being whole, or being present?

Let us finally stop being "GOOD" - we are so much more than the opposite of "EVIL".

Our uniqueness only really emerges when we are authentic - and to by being ourselves authentically we discover that EVERYTHING is inside us - not just what we ourselves or others once thought to be "nice" or "good".

And let's face it, is it not a great pleasure to be in the presence of conscious people who are alien to "nothing human"? Who do not pretend to be saints and look down on you, like a poor sinner? We say that kind of person is "tangible" to us, someone who is "real".

How indescribably soothing it is to have a counterpart to whom we can show ourselves with EVERYTHING we are - completely - without hiding or denying anything!

How about you - do you also want to be such a counterpart?

With a heartfelt joy of being real,



(Grit Müller)