

## Chapter 1 : The Greater Good

*The Greater Good Science Center studies the psychology, sociology, and neuroscience of well-being, and teaches skills that foster a thriving, resilient, and compassionate society. About this site Masthead.*

I asked the Michael Entity for suggestions on how to handle this significant challenge. Dealing with Anger The expression of anger is, in a word, release. Think of it as a pressurized valve in the body that discharges an overflow of energy. Like the release of pressure in a boiler, anger is a way to blow off steam; there is no trickle here but an explosion of charged energy that gushes out all at once, saturating everything in its path. Some people, of course, go to great lengths to suppress their feelings and the energy is never released; yet, as unpredictable and destructive as anger can be, anger serves a useful purpose in releasing pent-up energy that might otherwise harm the body over time. It acts as a self-protective mechanism against repressed expression, where mounting pressure from frustrations and minor offenses build to the point that it only takes a slight annoyance to set-off a chain reaction. Thus, similar to the safety valve in a boiler that discharges steam before it reaches critical levels, anger is then a personal gauge of how much pressure the psyche can tolerate before it literally explodes. On the other hand, a carefully regulated boiler need not reach critical levels if proper attention is given to the amount of steam allowed to fill the tank. While expressing anger is a healthier choice than storing it in the body, releasing anger inappropriately poses special challenges when others might be hurt by the expression. If the choice to either suppress or express anger can be seen as polar opposites, then a healthier alternative is to seek the neutral position between the two polarities. Once neutralized, anger is then stripped of its negative charge and the energy may be expressed without its formerly explosive nature. The tolerance level of anger is then unique for every individual. If the tank is already filled to capacity, so to speak -- perhaps from petty annoyances in the past -- there may be little room to accommodate the additional load. In such cases the anger has no place to go but out, resulting in a likely tantrum that may not seem warranted based on the magnitude of the instigation. The tolerance level can be improved if the tank is regulated to remain at minimal levels. To accomplish this, seek the neutral position between the inward and outward expressions of anger. Controlling Anger There is a difference, however, between neutralizing anger and controlling it. Trying to control anger actually increases the likelihood that it will spiral out of control, since control, in general, emanates from a place of fear, and fear itself can be a magnet for all the things you do not want to attract. Attempting to control your anger only allows the anger to control you. We suggest an opposite approach where you place less emphasis on the need to control. Tightening your muscles, clenching your fists, and shouting fiery expletives merely makes your body heavier; it obstructs the free flow of energy. Have you ever tried to stop a stream of water? Allow it to flow without impediment, and it will feel less like an uncomfortable, stopped-up energy an effect that many complain about. The Seven Levels of Anger The seven levels of anger help you understand and gauge the intensity of your anger at any given moment. Since anger progresses through each level with expressions that move from the most ordinal to the most cardinal, knowing about the seven levels lets you track the escalation of your anger, and alerts you to potential red flags. A common question asked by many: Is there is a difference between anger that is expressed and anger that is felt? There is no difference. Anger that is felt is merely ordinal-level anger directed inward. It is still an expression, but in this case, an expression to the self. Psychologists typically scale the levels of anger from mild irritation to increased tensions that peak at blind fury or rage. This is a perfectly valid observation. We use different terminology, however, and describe the levels as follows. Mild annoyance marks the first level of anger. Most people spend their time here when daily irritations cross their path. The term we use simply means the anger cycle has been engaged or activated. A common loop occurs at this level where a mildly annoyed person pivots back and forth between the levels of engagement and deliberation. At the second level, deliberation, thought processes analyze the reasons for being angry: More on that later. At this level tension mounts and emotions are ramped up. Everything that has gone before now escalates: Your anger boils on the surface and occasionally will show little eruptions, but much of the expression is still inward and ordinal. The fourth level is the bridge or turning point that determines if you will remain just annoyed or venture onward

and become truly angry. Considerable theorizing occurs here, where objectivity is lost and rationale is often fabricated to justify the angry outburst -- a justification that may bear little resemblance to reality. Level five begins the cardinal expression of anger. On stage and dramatic, all expressions of anger thrust outward at this level, with histrionic performances that instigate and incite further discord. At this level, you are on the brink of disaster. Speeding out of control like a runaway train, you are confused and fearful of what has become a fanatical devotion to an irrational and primordial rage. You feel scared -- and justifiably so. If heeded, though, this terrifying sensation can break the spell for most people and return them to lower, less agitated states. Think of it as an emotional stop-valve before reaching the most dangerous level of anger. At level seven you draw your sword with the intention to annihilate the source of your fury. Your anger has morphed from an emotional state into an aggressive behavior that seeks physical expression. Most acts of violence occur at this level, including crimes of passion and manslaughter. Not every breach of this level results in violence, but the intensity of rage is so explosive and the loss of control so blinding, that the danger cannot be ignored.

**The Impact of Anger** The impact of anger on others is two-fold: Although the impact of anger is immediately apparent in one-on-one exchanges, the accumulative affects of anger cause more damage. Anything that accumulates can be insidious in its effect since incremental accumulation often remains undetected till a critical mass has been achieved. For this reason, if you frequently find yourself in the line of fire of angry affronts, the long-term impact can be as unhealthy as the insidious effects of second-hand smoke. Just as you choose non-smoking sections to protect yourself, it is equally wise to limit your exposure to angry people. Therefore, it is important to understand that just as you need to minimize your own exposure to anger, you also need to be aware of the damage your second-hand anger may have on others. In its base form, anger is like a plague and its insidious grip has infected every culture on your planet since the dawn of creation; yet, every person affected by this malady has always had the cure within their grasp. Anger is the disease of free will, and the only real cure is, choice.

**How Anger Affects Your Health** Your health consists of a delicate balance between the thoughts and feelings you formulate in your inner world, and the care you give to your body in the outer. It is important, therefore, to nurture this balance so body and soul can work together as a whole. Destructive expressions of anger -- even blocked anger that is suppressed -- disrupts this alliance and can lead to the manifestation of disease. Disease almost always begins in the mind. Negative thoughts and feelings that coalesce in emotions such as anger, grief, anxiety, hatred, guilt, resentment, and depression, eventually seek physical expression. Just as the Surgeon General posts a warning on packages of cigarettes that reads, *Smoking May Be Hazardous to Your Health*, the same could be said about the long-term affects of anger. Smoking a couple cigarettes rarely results in a serious health complication, but smoking cigarettes for many years greatly increases the odds that damage could occur. The insidious nature of tobacco makes it impossible to know just how many cigarettes can be smoked before the onset of disease. And some people, of course, can smoke for many years without a problem. The accumulative effects of anger work in the same way. How could that hurt me? While it is true that some expressions of anger do begin as thoughts, negatively-charged thoughts usually end in emotion. Anger is a verb:

**Anger Issues and Boundaries** Personal boundaries maintained with compassion and clear communication usually feel more appropriate than anger expressed from a defensive posture, since responding from a position of neutrality yields more positive results. Since something can be learned from any life experience, however, both choices are valid. Using anger as a defense against physical or psychological harm is an appropriate response when the situation demands, but ultimately, personal expression that seeks first to communicate with compassion and respect for others -- even during exchanges of anger -- is the preferred alternative if the goal is to improve spiritual well-being. Let them express their feelings without rebuke so they can move energy that might otherwise get repressed. For most people, a single eruption is all that is required. Too often, however, the opposing party engages the angered person with a reciprocal rebuttal. This, of course, fans the flames, and what was once a single outburst is now a raging fire that burns out of control. If the intention is to avoid further escalation, it is best to remain absolutely quiet when someone blows their top. Arguing with them, even if you feel justified, only adds fuel to a fire that if left to its own combustion would otherwise burn itself out. Avoiding the fray, especially when in the line of fire, can be a challenge. One solution is to disengage yourself. Imagine that you are no longer a

participant in the conflict, but a mere spectator. Spectators can, of course, choose to take sides or observe with absolute neutrality. This is no different than your choice of involvement as a spectator at an athletic tournament. At such events, you either support one side over the other, or you watch with impartiality and enjoy the contest for the sheer athletic prowess it displays. When dealing with the anger of others, your goal is to purposely not take sides. By being a spectator, you disengage from the pageantry of the drama as it plays out. If you find yourself starting to react defensively, ask yourself as a spectator, "Why am I feeling this way? Use your understanding of your own struggles with anger as a source of empathy for your angry partner, and model behavior that had once helped bring yourself back under control. Since you cannot easily communicate with an angry person, hold a loving space for them until they regain their footing and find their emotional center of gravity again. Three Ways to Neutralize Anger When anger strikes it is literally like a lightning bolt. Neutralizing this effect helps to counter the stresses that anger can generate. We do not wish to suggest that anger is not a valid expression.

Chapter 2 : ER (season 10) - Wikipedia

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But it also comes to those who let themselves feel angry. Instead, allowing yourself to feel emotions appropriate to a situation—whether or not they are pleasant in the moment—is a key to long-lasting happiness. How good are you at spotting anger in the face of another person? Take our emotional intelligence quiz! Advertisement X A three-course professional certificate series that teaches you the what, why, and how of increasing happiness at work. But before the participants even got to play their part, they engaged in various emotional activities, like recalling an evocative memory or listening to brief clips of music. To choose a song, in other words, was to choose a mood. The researchers also examined how these emotional preferences related to other signs of well-being, asking the participants questions about their psychological health, satisfaction with life, and feelings of social support, as well as their GPA. What is surprising, though, is that when revving up for a confrontation, only those participants who chose to feel angry in the moment showed greater psychological health and well-being in general. They reported greater satisfaction with life, better grades, and a stronger network of social support. Those who preferred to feel happy pre-argument, meanwhile, showed none of the same rewards, reporting lower overall psychological well-being. The pursuit of happiness, it seems, is not always linked to greater well-being. At the same time, people who were simply angrier in general showed lower psychological well-being. This study suggests that we might not always be better off trying to get into a good mood. It is appropriate, healthy, and even useful to feel angry when competing or fighting with others, though it is not good for our overall well-being to feel anger across all situations. Instead, to truly live a happy life, this study offers a clear prescription: It is important to feel—and also to pursue—both pleasant and unpleasant emotions flexibly. Different situations call for context-appropriate emotions, and responding appropriately to them is better for us than always responding happily. Greater Good wants to know: Do you think this article will influence your opinions or behavior?

**Chapter 3 : Anger's Purpose > HeartLight***The Greater Good.*

It is the crucible from which freedom can be born. It is the compounded welling up of trapped emotion about all things. We are emotional beings for a reason, so we can truly process our experiences – every colour and nuance of experience in this life. The buoyant feelings are processed at the time by their buoyancy and the heavier emotions that are cloaked with judgements of guilt and shame and inferiority get just that – cloaked. They stay trapped and continue to hold us down. There is no point in this except that it creates the possibility of an even greater desire for lightness and freedom from these illusory burdens. Life is challenging enough without carrying the baggage created by judgement. Who is to say something is good or bad except of what we make of it? We punish ourselves way more than any external punishment could compare. And so it is for us to free ourselves from this self-imposed prison. What does it matter what others think when what we think has the greatest power to uplift or degrade? The purpose of life is to experience and to come to know the truth of who we are as sparks of the Divine. The trigger could be small, but it taps into a pocket of stuff that needs to be expressed in order to free ourselves. It is a great opportunity to experience the truth of who we really are, but the experience of the unnamed well of ooze can make us feel otherwise. The key is not to identify ourselves by the rising up of anger – this is not who we are. It is just old sludge, needing to be released. How it is released is up to the present us – the more advanced, loving, mature person we have become can manage this fuel in a productive, positive, life-changing, even life-enhancing way. Nothing fuels a run or a houseclean or a weekend away or the scaling of tall buildings like the fire of released emotion! Do not let the fire burn you, or especially, anyone else. What is the point of soiling now with old emotion – this is where the tremendous healing opportunity is often lost. Do not make this critical mistake! It is for us to come to know ourselves better, to create a deeper relationship with our Selves to know the Divine. Processing anger does not have to be compounded error; it can be a very powerful tool for awakening to Self. It can cause a great surge of need to go within. One of its great purposes is to call one inside, to know the true power within and to know the experiences that created or tapped into this power and to help us know ourselves more intimately. Nothing like a volcano bubbling up inside to help draw us there to understand. To take control of and responsibility for ourselves. Stomach, solar plexus and digestive issues can point to the undigestibility of feelings inside. Cool them by paying attention. What is firing you up? What is stirring you up? Tell yourself all is well. Tell yourself you are listening and have the capability of using your own power correctly to represent yourself in the situation. You are not being overcome, you are being wakened up! The inner eruption is to get your attention and to remind you that your Divine Self knows what is best for you and will show up in the situation if you stop fighting and drowning and running and feeling helpless. You are powerful and will only use that Divine Power for good. Do not be afraid of your True Power. It is why the eruption is happening in the first place. Still the churning waters. Ask for Divine Presence to show itself lovingly inside of you that you can choose to use this powerful emotion positively, that it can be released to fuel positive change. To express it from your gut creates conflict but to express it from your heart transmutes it into higher expression. Ask for help for it to be lifted in higher expression. For your heart to process the energy and use it for good, not stinging retribution. Lower energies transmuted into higher energies is the work of the Alchemist, the Master. Be the Merlin of your old, subconscious low vibration emotions and use your Wizard Self to transform them into light. This is what will transform your life, and change the world. Imagine if everyone were busy transmuting old into higher? This is how we would change the world, one breath at a time! When all of the old sludge is cleared up, then anything that arises in our present moment, we can more clearly choose how to transmute it in the moment. We become more honest. We become more of the Master. We can hold a higher quotient of light because we are not carrying sludge. Good surrounds us and good emanates from us. We truly make a difference in every moment by Being the truth of who we are. In the meantime, we need to do something positive to stir up the sludge and get things moving. Appreciate when it comes up to be addressed and see it as another shackle being broken. Up and out with positive intent. Up and out without hurting

ourselves or anyone else. Up and out and build a sandcastle or cake or tree house or boat. And be sure to pay attention as we reap the benefits of living and loving lighter. Allow happiness to take hold and stay. Thank you for showing yourself and thank you for allowing me to take charge of you. I felt the fuel of your fury and transmuted you into a lighter, more kind and loving way of being. Thank you for showing me the path to my true passion and love of life. Thank you for helping me feel deeply, so that I can know joy! Loving kindness abides in you. Publications and websites interested in carrying this information as monthly columns or special features are encouraged to do so. If the material must be shortened in length, please state that it is an edited version and refer the readers to the original full-length version on [www.greatergood.com](http://www.greatergood.com).

#### Chapter 4 : [www.nxgvision.com](http://www.nxgvision.com): Watch Blue Bloods, Season 7 | Prime Video

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#### Chapter 5 : Dealing With Anger (Channeling)

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#### Chapter 6 : When Getting Angry Makes You Happy

*While people would think that Mastercard's initiative is for the greater good and should have no issues but it has infuriated certain people including Brazilian football manager Tite. At a news conference ahead of Brazil's friendly with Croatia on Sunday, Tite made his displeasure heard over the scheme.*

#### Chapter 7 : Study Abroad : SLU

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#### Chapter 8 : Spooks: The Greater Good [Video]

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#### Chapter 9 : Home | Greater Good Restoration Inc.

*Regulators face the challenge of "getting people to understand that, while their land is being taken, it's being taken for a greater good, just like it is with a highway," Murchie told the.*