

## Anger

When life makes you angry, that negative force  
Affects mind and body and your psyche of course  
The pressure can build 'til you're ready to pop  
And once it gets started it's so hard to stop  
It countermands thinking and makes you react  
Doing things you regret when you coolly look back  
But the storm overwhelms and empowers your mind  
Your heightened reactions are swift and unkind  
You lash out at those you should really draw near  
Then you're not in control, that much should be clear  
Your anger's a beacon attracting stray forces  
Of anger or evil and their energy courses  
Through any channel that can put them in touch  
With the world of the living they envy so much.  
You're driven, inspired by their negative power  
Drawn into your heart like a bee to a flower  
When love is suppressed, negativity thrives  
Exploiting the chance to come into our lives  
So be warned and be ready, build up your armour  
While you're still in control remember that karma  
State what you're feeling and let it all out  
Remember impressions can leave room for doubt  
That the cause of your angst may be simple mistake  
Of the kind even you can so easily make  
Don't open yourself to that spiritual virus  
Let love be your guide for that will inspire us  
To garner the best from what seems a bad day  
So whatever annoys you, it's best you just say  
In calm and clear terms what you think has occurred  
So you can be certain your issue's been heard  
Then if they won't listen it might be that they  
Are full of bad spirit then send them away  
With any spare love that you've held in reserve  
Perhaps more than you feel their behaviour deserves  
But the act of just giving will leave you empowered  
And the seed of that love may yet bloom in flower  
Remember the fable of how wind versus sun  
Vie to remove a man's coat for fun  
The wind raged and roared with a terrible force  
But it couldn't succeed over sunshine of course  
Rage isn't power, it's just so much hot air  
It's rarely informed and it's never quite fair  
So, when anger is rising, stay calm and take heart  
If you can't live in peace, then at least do your part.