

## WEEK 49 ANGER

*“Strike me in anger and I will always be with you.” – Luke*

Have you ever felt real anger? Has rage burned inside of you demanding to be released? Did you pour your angry venom out? How did it feel? Was it justified? Did it make things better? There is no emotion that is so intoxicating and overwhelming than anger. There is no other emotion that is so reckless and dangerous.

Seneca wrote *“Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured”*. Anger leads you to say and do things you soon regret. It is an impulse that abandons reason and rational thought. Anger may spur action, but few good decisions are ever made in anger. It is normal and even healthy to get angry when it is appropriate, but anger should never determine how you react.

The Jedi were not above anger. All Jedi utilized it to their advantage by being able to control the emotion. Yoda demonstrated anger in his confrontation with Count Dooku and Darth Sidious however it was measured, and his aggression was controlled. Yoda did not fall into rage. When Obi-wan confronted Anakin on the lava flows of Mustafa he found his friend angry. Anger clouded Anakin’s ability to see the truth. All he could believe was Obi-wan had turned Padmé against him, that he had been betrayed by the Jedi. Anakin’s anger boiled over as the two friends fought in the inferno. As rage consumed him as he lay wounded, he was overcome by the Dark side and filled with hate.

Rage is uncontrolled anger and is a grievous state and serious character flaw. To witness rage in action is frightening. Rage is like a tornado running its course and destroying everything in its wake. The consequences of rage are never beneficial and always harmful. For this reason, “wrath” is one of the seven deadly sins in Dante’s “Inferno”. The setting of Mustafa in “Revenge of the Sith” was perfect in capturing the very essence of a hell filled with

fear, anger, and hate. Mustafa would become the spiritual base for Darth Vader, a place of fire, chaos, and violence. Mustafa was an analogy of Dante's "Inferno", the place where Anakin finally fell to the seventh level of hell and became everything he had stood against as a Jedi. Anakin died on Mustafa and Darth Vader rose.

To live in anger is to be a slave. You are the slave and anger the Master. Over time anger corrodes and stains every aspect of life. Anger is rooted in fear and manifests itself in mistrust, paranoia, lies, deception, resentment, aggression, and revenge. The world is an angry place, and the effects are obvious. War, environmental destruction, religious and ethnic violence, political conflict, and the constant online rage that dominates the news and social media. Watch two angry people argue. Are they communicating, actively listening, and understanding by yelling at each other and hurling insults? Is it helpful? Anger and rage soon become hate.

To be Jedi is to recognize anger as a normal human emotion. It has a very bad reputation because of its primal baseness but humans are equipped with anger because it still serves an evolutionary purpose. In daily life anger should only be used where appropriate and to serve as a tool to express displeasure or disappointment. Anger should be used in defense and never as a means of attack. You should avoid using anger as a justification to offend or otherwise harm someone. Anger should always be justified and pass scrutiny. Was it appropriate to the situation? Did it promote justice rather than harm? Was the intent honest and transparent? Was your anger proportionate to the situation?

People who get triggered in to anger for the smallest slight or trivial reason lack perspective, self-reliance, and maturity. Instead of being prepared to voice concerns and have reasoned discourse with opposing views people become enraged and shut down debate and silence dissent because it makes them angry. Do not fall into the culture of rage which is rampant in society and infests social media stifling free speech and reasoned discourse. Avoid reverting to anger when in disagreement with others. Do not carry the acid of anger inside you. Be calm, at peace, passive. Be Jedi.

**DAY 337**

*“He is too old. There is already too much anger in him.”* –  
Mace Windu

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 338**

*“Contempt often veiled bruised ideals.” - Obi-wan Kenobi*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 339**

*“The most dangerous beast is the beast within.”* – The Clone Wars “The Zillo Beast Strikes Back”

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 340**

*“Yes, afraid. Hmm, surprised are you? A challenge lifelong it is, not to bend fear into anger.” - Yoda*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 341**

*“If you define yourself by the power to take life, the desire to dominate, to possess...then you have nothing.” - Yoda*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


## DAY 342

*“Remember, a Jedi’s strength flows from the Force. But beware anger, fear, and aggression. The dark side are they. Once you start down the dark path, forever will it dominate your destiny.” – Yoda*

Today I am Grateful for:


Morning Contemplation


Evening Reflection




**DAY 343**

*“Strike me in anger and I will ALWAYS be with you” – Luke Skywalker*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


## WEEK REVIEW

Reflect on your daily practices and personal goals for the week.  
How did you do? Where can you refocus your attention?

Meditation:


Physical Exercise:


Diplomacy:


Awareness:


Self-Discipline:
