

Speaker: Audrey Salas
Sunday, June 3, 2018

The Gift of Anger



Some of us have beautiful singing voices while others may have the naturally ability to play a musical instrument. I never thought I had a gift until I had attended Reverend Marie's "Healing The Heart" class in which she spoke a lot about anger. Thank you, Reverend Marie.

Expressing my anger is something that comes very easily to me in which I have a limitless supply. It is available to me 24 x 7. It comes in various degrees such as being mild, hot, or cold. I can make it known to others that I am upset, or I could choose to be quiet and pretend to others things don't bother me.

With anger being identified as something negative, how can I call this a gift?

I am going to talk about 3 things:

- 1) What is Anger
- 2) Examples of Anger
- 3) How Anger is a gift

What is Anger

Anger is defined as an emotional state that may range in intensity from mild irritation to intense rage.

Growing up in a very religious family, I have always heard the phrase "the 7 deadly sins in which anger is one of them. However, I was quite surprised to learn the phrase 7 deadly sins is not even in the Bible. The phrase 7 deadly sins originated with a Monk in the 4th Century AD. These sins would be constant reminders for the Monks not to fall into temptation. Even though the phrase is not in the Bible, the Bible repeatedly reminds us to deal with Anger. **Ephesians 4:31** states "Stop being bitter and angry and mad at others. Don't yell at one another or curse each other or ever be rude".

Well, how can we do this when we live in a world where we can't avoid getting upset about something?

Examples of Anger

I would like to share personal stories and how the emotion anger has evolved with me. Why would I be willing to share things that don't put me in a positive light? It is important to have an honest look at myself if I want to grow spiritually. If emotions are not controlled, it can alter someone's life. It's just not the verbal words we say, but also the thoughts / feelings we don't openly share.

Example #1:

I worked for a company called Owens Corning and reported to Tom Alfieri who was the Director in the Information Technology department. Tom was very intimidating to a lot of people, but I actually loved him. He was a very smart man who would give you advice on how to do your job better. Most people did not respond well to this management style. One day Tom pulls me in one of the conference rooms and tells me we have a problem. He said for the past 6 months the Administrative Assistants in the other departments had complained about me. I got up and said "This isn't my problem. If you would have taken care of the problem when they complained the first time, we wouldn't be in the situation". I walked out. I remember the look on his face was in shock and no one had ever talked to him like that in the past. He took care of the problem by promoting me to another position.

Example #2:

During this time, my husband and I had bought this used SUV. While driving to work in it in the rain, the traffic light had changed to red. I was driving too fast to stop and driving too slow to make it through. I ended up stopping right underneath the traffic light. The Highway State Patrol car happened to be at the same light and he pulled me over. When he came to my window, I told him I was in a No-Win situation. He said he realized that, but his boss was in the car and he no choice but to give me a ticket. I got out of my car, went to the passenger side in which the officer rolled down his window. I went up to his face and said "you knew I was in a no-win situation. You are the reason what makes law-abiding citizens so upset". I went back to my vehicle, took my ticket and left.

Example #3:

Now I am working at my 1st telecommunications company called Cavalier Telephone as a salesperson. After working there for 3 years, my sales numbers were not good, so they put me on a Performance Improvement Plan. Basically, I had to sign a document that stated I would have to make my sales numbers. I was very upset, but I had come a long way in learning a lot of things that I wasn't going down without a fight. I would come in every day working really hard.

Speaker Notes

About 3 weeks after I got put on this Performance Improvement Plan, my company had hired a new Manager, Greg. Greg had asked a lot of questions, but I didn't pay much attention until he said something to me. He came up to me and whispered, "I heard you do really well in Sales because you date the Executives of this company". I whispered back to me, "If that rumor was true, I am not doing a good job because I am about to get fired". When my coworkers would ask me how I liked working for my new Manager, I said "I don't know. He's on my **"DO NOT TALK TO LIST"**". They looked confused and asked what that meant. I said, "Exactly what I said, "I don't talk to him". My manager had tried to write me up for being disobedient to authority. Well, my manager's boss knew I could be a challenge to work with, but he knows I was a good worker, so my Manager was told he couldn't write me up. After 4 years on the job, we were bought out by another company and all of us lost our jobs.

Example #4:

During this time, I decided to take off work for about 8 month and then started to work for AT&T in May 2012. I didn't realize this would be company that would force me to start dealing with my anger issues.

I was determined to be successful, so I would challenge every department that would get in my way of success. However, in July 2013, something changed. I had lost interest in working. I was tired. I remember I had a long list of work that needed to be. Instead of doing the work, I instead cleaned my house.

Six months later in December 2013... I was in my kitchen and I felt my mind going into a hole. It was something I never experienced before. I would lash out in anger at everyone. It was so bad that I had made an agreement with myself that the next time I lashed out at someone without thinking that I would give them a \$100. Well, I remember one Sunday evening, I was talking to the cable guy who was located in India. I could feel myself getting upset. I told him I had to get off the phone immediately. He was totally confused but I wasn't about to spend time on how I could figure out on how to send \$100 to India.

I thought I really need to get help. Looking back, I can see that I was going into depression. In December 2013, I had a friend in Chicago who referred me to a lady named Maureen who was located in Michigan. One of the first things Maureen had me do was read a book. She said after I finished reading the book to reach out to her. Well, I got really busy. As I was driving in my car one day, I thought "you know exactly what you are doing, Audrey. You are avoiding her. When you are ready, you will reach out to her". I finally reach out to her again in April 2014 --- she said I have a message for you "Gratefulness is the key to Peace". I really took hold of those words and pondered over them. When I started to realize areas in which I could be grateful, it brought this calmness in my body.

Speaker Notes

Also, in December 2013, I had met a lady at a Holiday party. I really don't know her at all, but she started to confide in me about a lady who helped her with her divorce. I thought "there must be a reason why she is talking to me". She gave me the lady's name, so I went to see her in January 2014. Her name was D'Ann Rohrbach. Do you know one of the 1st things she said to me? She said you need to read a book. She had just written a book called "Life's Healing Setups". Basically, this book told me we all come here with things to learn. These things will continue to happen to me unless I change them. After I read the book, I went back to see her in April 2014. She said, "Oh my goodness... You have changed". She said a phrase I haven't heard before... she said, "you will no longer be the victim".

When things would get me really upset at work, I would ask myself – what are you going to do? Are you going to do the same pattern, or you are going to do something different? For example, I would see on my phone that a customer was calling who really annoyed me. I would always let it roll to voice mail and then email them back. Instead, I decided to pick up the phone. After I got off the phone with the, I would say "well, that wasn't too bad". Before I would respond to an email in rage, I decided to count to 10. Well, I had to count to 50. I was really shocked to learn this really worked in calming me down.

I had talked with Reverend Kathleena on someone who I absolutely hated. I thought I had made really good progress in forgiving this person. However, Reverend Kathleena picked up on something... she knew I was still holding on to something. Even though I had forgiven this person, I wasn't done. I had come to the conclusion that no one gets away with anything. It made me feel better. However, I was sitting back and waiting for something to happen to this person. When people say Karma, they usually refer it in a negative light. There has to be some type of payback or revenge. Do you know what Reverend Kathleena said to me? She said "you have to read another book".

How is all this anger and dealing with all of it a gift?

I am the one who chooses on how I will react and handle the situation. It is a gift in so many ways.

#1 Brings Inner Peace --- In the case of working with Reverend Kathleena on the person I hated, I was able to let go of the revengeful spirit. When I would hear this person's name or be in their presence, my body would feel completely calm. She no longer bothered me and consumed my energy. I was at peace.

Speaker Notes

#2 Ability to look at things from a different perspective --- When I lived in downtown Farmington, the City Council decided to get rid of my parking space. I was furious and reached out to the City Manager. It was to be a peaceful conversation in which I expressed my concerns. Instead I ended up yelling at the City Manager. With the upcoming City Council meeting coming up, I had asked Spirit to give me a sign if I should attend. It was an affirmative YES. I was confused because I was not going to be a friendly person. However, as I sat there, I understood why I was there. The City Council had explained the reasoning behind their decisions. Even though things were not in my favor, I was to see things from their point of view and realize they had difficult decisions to make. It happened to be the Mayor's birthday, so we all celebrated at the bars afterwards. As I sat there with them, I realized what good people they were, and I was grateful I was able to get over my anger by being with them instead of against them.

#3 It Brings About Healing --- Every day I am faced with choices on how I will handle a situation... When I choose to look at it from what can I learn from this experience, it has brought my healings in so many ways --- Calmness, Peace, and Joy. It has opened my ability to be compassion and kind to others.

It is a gift that I have....

I have the opportunity to turn Anger into Forgiveness
I have the opportunity to turn Rudeness into Kindness
I have the opportunity to turn Hatred into Compassion