

**Sunday, March 7**

**Mindfulness of Anger**

Anger is an unpleasant feeling. It is like a blazing flame that burns up our self-control and causes us to say and do things that we regret later. When someone is angry, we can see clearly that he or she is abiding in hell. Anger and hatred are the materials from which hell is made...

When we are angry, we are not usually inclined to return to ourselves. We want to think about the person who is making us angry, to think about his hateful aspects— his rudeness, dishonesty, cruelty, maliciousness, and so on. The more we think about him, listen to him, or look at him, the more our anger flares. His dishonesty and hatefulness may be real, imaginary, or exaggerated but, in fact, the root of the problem is the anger itself, and we have to come back and look first of all inside ourselves... If we put all our mind into observing our anger, we will avoid doing any damage that we may regret later.

*Thich Nhat Hanh, from **Peace is Every Step***