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TRANSCENDENCE OF ANGER



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"We are not denying anger. We are not repressing it. We are not disassociating ourselves. We are not being artificial. We have simply found something better." Robert Adams

**Question:** When you were answering the psychologist's questions about anger and the ethics of indulging in your own so called outlets, at the cost of others I found two things deeply meaningful. I would like to ask you about this.

**Robert:** Yes.

**Question:** The first was that in light of my path, the Vedas. It seems being in the same truth as the scriptures, "Stay away from an angry man", the contradiction in modern psychology is that this is an essential part of our being. It's good. This is so prevalent that it confuses. If you can speak on this. Because you have a very warm, light hearted nature I have never seen you angry or mean but you are on- point uncompromising on ethics such as non-harm. So not abusing or dumping on others, and a mastery of one's character, if I am correct, is a reflection of the divine Self rather than defining oneself purely as a psychological human with no goal point, rolling from anger to greed to happiness to grief, with no resolution or divine intervention... Is this correct? How would one just adjust their equilibrium to really authentically live this way?

**Robert:** Yes. First of all, you must decide who 'you' really are. If you wish to identify completely with incoming fluctuating anger, rage, fear, selfishness, happiness, and so on, that is entirely your choice. But what right do you have to impose this on others? To take it out on another? You have no right. You can object, reason with them, remove yourself from any abuse. You are a doormat for no one. Therefore, if one is truly honest with themselves, they find there is an enslavement to these forces, to anger, in that it is never fulfilled, it is never over, it is never finished. And it has an effect on your consciousness. The problem with psychology in this regard is that we are taught that we 'are' these fluctuating tempers, resentments, hidden motives, meanness, we must explore them, excite them, express them, to be well adjusted and so on. And look at the world! (laughter) Everyone is angry, and they think this frees them. Yet soon, it is time to be angry again.

We then have the reality of energy, consciousness, karma. How this affects our life. All true religions teach that tempers, anger, and so on, is a detriment to spiritual unfoldment. Why? Because this aligns you with chaotic forces of confusion. Despair. Expressing it until you



choose to express it again. And the cycle never ends. It is detrimental to interior unfoldment. This incurs more suffering. So. The idea is to identify with the root of it all, rather than the so-called symptoms. The human predicament. Which is karmic in nature- childhood suffering, a myriad of complex internal belief systems that say that what we 'feel' is who we are. Then there is spiritual maturity. We inquire of ourselves. What right do we have to verbally or otherwise abuse others with our anger? We observe that anger infuses more anger. It is a never-ending cycle. We must be very honest with ourselves. If we culture secret angers, resentments, envy, it is the same.

We are not denying anger. We are not repressing it. We are not disassociating ourselves. We are not being artificial. We have simply found something better.

Something immensely glorious. Something far more powerful, more therapeutic, if you will, than the never-ending mirage of 'expressing' whatever arises, whether it is beneficial to do so or not. As we unfold, we begin to lose interest in magnifying these feelings. Rationalizing bad behavior. For we have found there is a sublime, all-pervading reality that reveals anger, fear, self-righteousness, arrogance, aggressiveness, meanness- all these things we are taught to believe are a part of us- to simply be a vehicle of further suffering. But you must discover this for yourself. If you wish to. It is your choice.

### The Transcendence of Anger part two

The question eventually arises; if anger is a part of who we are, then why do some people get very angry and others have no desire to do so? Why are some people attracted to have temper tantrums, abuse others, gossip, do mean things? Defend their 'right' to do this with all their might, and others come to this earth as peacemakers? They have no attraction to anger, telling people off, 'letting it all out', and so on? Why are great ones born on this earth as an example of evolved ways of interacting? Of living our lives with peace? Of solving our so-called problems? Ponder these things. This would reasonably tell us that anger is not a necessary trait of everyone's make up. Of the human predicament. But it is funny. Angry people love to tell you that you too are really angry inside, and that you should act like them. (laughter) It is because they know deep down that this is not the way. But they do not want you to remind them. (Robert laughs, audience laughs) Of course this is because of inborn character traits. samskaras, habits that you have developed of being angry. You have accepted it. Then more arises.

Look at it this way. You are entirely free to choose your actions. I only share my experience. And yet you are free in incur more karmas, attract more angry people, for like attracts like.



We are here because we feel a calling within, to choose another way. A way that is of the Supreme. We force no one. It is a gentle interior realization. As we discover, to choose to surrender anger is not repression. It is not passivity. It is not apathy. We are speaking here of Ultimate Truth. Suffering subsides. This is for those spiritual aspirants devoted to true freedom from enslavement to rationalizing bad behavior. To surrender all to God. You will become one with a 'higher', so to speak, force, that will guide and protect you. For you are no longer a slave to the mass consciousness pulling you down into human confusion. Yet you do not ignore injustice. Anger is not a power. This is an illusion. There is always a returning repercussion of suffering. You, the real You, are completely whole in wisdom, holiness to rise above this. Not in a holier than thou, way. Not in an artificial way. You have simply unfolded into something beyond this. Something beautiful. Joyful. And an understanding arises. A gentle awakening.

There comes a point in each person's spiritual unfoldment where they begin to notice these things. They cease to discuss, debate, pronounce spiritual things. And they begin to live them. They change. A beauty arises. You begin to see the light that is the substratum of all existence, around and within you. The Supreme. This is so beautiful that you cannot imagine living as you did before. You begin to feel a big happiness that bubbles up. This increases. You are not the same person as before. With your anger and rage. Meanness, jealousy, aggression. You see through this.

So. Then we follow the ancient precepts of wisdom. For this emerges from a more evolved consciousness. From a higher harmony of the universe. Previously, we were unaware of this. We have no desire to pronounce our spiritual stature to others. To go around saying, "*I am Consciousness. I am Space. I am not real.*" For we are beyond this. It is a gentle interior realization. It includes everyone else. Therefore, we begin to understand.

Ancient scriptures imbue human consciousness with a gracious, Truth regarding human choices. Relationships. Interactions. There is a far more powerful force, harmony that resolves the human predicament within you. You return to harmony. Peace. But you must make the effort to surrender all of those bad habits that are not of Truth. That pull you down, so to speak, into anger, confusion, belligerence. When you increase your practices, when you jump into God daily, the power within you arises. The power of the sun, the forces of nature, the universe as we know it, all pale in comparison. Is it not wise to ponder this choice?

With what do 'we', our human embodiment, wish to identify with? An angry person that spreads chaos, aggression, suffering, or to be a vehicle of wisdom in all situations? This is



possible. For this is who you really are. A living embodiment of wisdom, loving kindness. But you must choose it.

**Question:** I feel very, very angry about certain political and moral causes. I feel this is an impetus for me to help people. Yet I know that the anger is not necessary anymore, but I don't know how to find another power.

**Robert:** Yes. You are progressing. We spoke last week about practices to surrender ourselves, our bad habits to God throughout the day. Then we take right action. For example. We talk about 'expressing' anger. But this is often simply an excuse to be angry. it becomes a habit. An addiction. You think you are choosing it, but it is enslaving you. You can intellectualize it, believe it is so called honestly, the mind will come up with all sorts of spiritual theories why you should indulge in anger consciousness. It is all of the mind. Ponder this.

Habits you have embedded in your consciousness. Many people say, "But won't I become uncaring if I do not become angry?" They think that you simply observe suffering calmly. Quite the contrary.

For example, it is abhorrent what people do to animals. Our bodies do not require meat, the torture of innocent beings, to be healthy. Then why do we do it? An example would be the Buddhists who march in protests with signs and pamphlets, discussing why this is immoral, with peace in their hearts. Without attacking people. You do not cultivate anger. Yet you are not ignoring suffering. The power of *non-anger* is an ancient Truth. This is a manifestation of the Self. So. We can do this. While we are in human embodiment, if we choose to do so. Remember. It is entirely up to us.

And we come to understand the truth. There are deeper, subtle, mystical, if you will, repercussions to every action, every emotion. You are both creator and recipient. The Lords of Karma are always watching.

Therefore, when you create a reality of 'me me me, I feel angry', you are throwing this out into the world. You are creating a false, angry reality in which to dwell. Of multitudes of angry people, the spirit, chaos of anger, temper, rage, that has destroyed people on this earth for eons. Do you understand what I am saying? You have attuned yourself to this false force. And it is self-destructive. You become enslaved. It affects all of the subtle parts of your life. You are a Servant of the master anger. It is a cycle that never ends. Until you end it.



For you see, you can change everything. This moment. There is a beautiful current that knows the way. That will lift you up and out of this delusion. If you make the effort. Legions of realized beings, spiritual giants, are waiting to assist you. To rise. To be free. To experience the glory of infinite love. These are not words. This is reality.

This will fill you with the happiness, the peace you are craving. It is not hard. For you have much help. There is an omnipresent love that responds to your call. To those who choose to rise above this world. This provides you with every joy you have been searching for. It will not come through the senses. Through aggression. But through the power of the Self. Of God within. And the habit will dissolve. For it was never rooted in ultimate reality to begin with. It has no power over Truth. Love. Compassion. The Supreme.

You must make the decision. 'You' are either a mere human body full of complex incoming karmic repercussions, enslaved by your reaction to them, or 'you' are one aspiring to a higher vision. Here, God will help you. You will align with a superior unchanging power that is timeless. All pervading love, beyond psychology and the mind. If you were abused as a child, you will be lead to environments conducive to healing. You do not want to be a hypocrite. To say you are not angry but do angry things to people. (laughter) If you require therapy by all means do so, but remain rooted in Truth. The Truth of who you are. Never forget who you really are.

You are either following Divinity- God, or Mammon. The world and the true Path teach completely different things. Again, God is Light. In Him there is no darkness. What does this mean? Do not believe you, the real you, has 'darkness' inherently, but overcome with light. There is no duality in the True Self. But do not pretend you are living in the Self when you are not. Your human-hood may have bad habits, but it is your decision to release these, offer them up.

Once you have made the decision to open to a divine reality, you feel moved with all your heart to follow this path. And this path is not the path of the world. It is not the path of aggression. For this aligns you with human delusion. They become stronger in you. They grow and expand through your being, your life. You attract equally angry relationships. People, environments, and before you realize it, you have created a world to justify your anger.

So when we say, God is Light, what do we mean? This is the Light of a Thousand Suns. This will reveal itself to you with a love beyond your imagining. Beyond description. A glory and



splendor beyond the vicissitudes of what you believe is so important to 'express'. To become enslaved to. Focus on that. Focus on the Light of God. Offer anger that arises up to God. Offer it up to chanting with love. To actions of alleviating the suffering of others. To service, to alleviate the suffering of others. To immersion in the light of God. Truly. Really do this. Until you feel a peace that is beyond any human disturbance. A new joy will arise.

And something wonderful happens. The answers we need to resolve the situation appear. Grace descends. Intercession intervenes. So called miracles occur. If you offer it up to God each time it arises, if you no longer participate in bad habits, one day you will realize they no longer arise. You have absolutely no attraction to them. And you have begun to Unfold into your magnificence. YOU are That.

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