

Using Anger as a Force for Change

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Posts: 51

During the last week of Earth time, there has been an influx of energy specifically focused on neutralizing anger within the human memory. Anger is a huge energy that has been carried over, and often grown, from incarnation to incarnation. Its removal will take time, but it is essential that this emotion be neutralized. As long as anger is left unresolved, it can very easily turn into a destructive force.

The Self part of you (Ego) uses anger, by stuffing it away behind other emotions and experiences, often bringing it out when you least expect it. Many lightworkers actually have a fear of expressing anger, as they feel that it is not spiritual to do so. However, expressing anger is the only way to release it. Anger cannot be wiped clean by some magic wand; it has to be released through the process of expression. It is only when anger is not expressed that it becomes problematic.

There are many healthy ways to express and release anger. The most important thing when letting the anger go, is to not allow yourself to direct that anger at another person. Most of the time, they are just a convenient target for your anger, and very rarely are they the true source of the anger. However, whenever you direct your anger at someone, you are contributing to your anger's growth, instead of its neutralization. Also, learn to identify the difference between annoyance and anger. Very often what you call anger is really annoyance. Yes, annoyance can lead to anger, but it begins as a different emotion.

Anger is an overwhelming feeling that can cause you to be totally at the whim of it. It will cause action or reaction without reasoning. Anger is the emotion behind 99% of the misunderstandings on the planet today. Much of that problem is predicated by the fact that most humans do not truly comprehend the power that anger has.

Anger, when left to fester and grow inside someone, can contribute to disease, war, and violence. Anger can completely change your perspective of life and the world around you. Why is anger being focused on now? Because it is the force that most greatly impedes the forward evolution of humanity. Up until this point, there has been much individual release, and guides have been provided to everyone to assist in releasing individual internal emotions, unresolved past life issues, and for individual spiritual development. Now, that this work has reached a certain threshold, it becomes critical to shift the focus onto releasing collective emotions.

For the last 20 Earth years or so, the consciousness shift has been about the individuals working on themselves and together in small groups to lift the collective. Now, you will see a change in this take place, by where the collective comes together to bring change to

individuals. This can now happen because so many lightworkers around the world have reached the vibrational frequency necessary to channel the dimensional energy that can affect change on a mass scale.

When one has a raised vibration, it allows the physical body to bring very large amounts of energy through, and that energy has a far reaching effect. Now, all of those individuals who have accomplished this feat are beginning to find their way together, to work on collective efforts. Those collective efforts increase each channel's effectiveness 10-fold. So, a group of 10 who come together to meditate, collectively have the energy that once had to be held by 100 individuals, even more in some cases.

There are also certain places on the planet that are opening up to the expansion of higher energy. There has been energy locked away in mountains all over the world. This energy can now be released, because the frequency of the planet is now able to support that energy. As these mountain energies release, they will add to the effectiveness of these collective energies of change.

What would you like to change? Very often the answer to that question is also the source of your anger. See why neutralizing your anger is so important! Any time you feel anger toward something, look to the root of the anger. Discover what the subject of your anger is. Express that anger in a healthy way, by writing about the topic, or talking to someone you trust, or working with someone who can assist you in transforming the energy. Once you have expressed the anger, you will be able to view it in a new light. Then it becomes a powerful tool for change.

For example, let's say you are angry because a cause you have passion for is not getting enough support or publicity. After you have talked the anger through, look at using your energy to create change on that topic. Perhaps by starting a support groups, or meditation circle on the topic. Hand out flyers informing people, or write an email to your local news to let others know what is happening. All of these actions are how you can shift your individual anger into a force for collective change, and that is precisely what this anger release is assisting humanity to do.

Love, Aurora

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