

# Homework

1. Where do you most feel that you are utterly different from other people? Special?

Notice comparisons: better than, less than, the dualities listed above. Less than is only a form of reverse pride.

Take a concrete, specific [self-observation](#) around pride or vanity: What are your thoughts? The sensations they evoke? The feelings?

2. What do you boast about? What are you silent about? Where does pride prevent you from speaking?

Does fear of being humiliated, or vulnerable, or looking foolish prevent you from sharing? Sharing in courage may be in service toward a rise of consciousness.

Pray daily the prayer of Nicholas of Flue:

My Lord and my God,  
take from me everything that distances me from you.

My Lord and my God,  
give me everything that brings me closer to you.

My Lord and my God,  
detach me from myself to give my all to you.

## Notes on Resentment

- Some negative emotions have the power to go on and on by themselves. Resentment can be like this – a dangerous illness, eating up everything good and healthy in you, if unchecked.
- In all states of resentment, a form of conceit is involved.
- Making daily inner accounts of others piles up fuel for resentment and no one can reach a higher level of themselves by such behavior.
- Politely concealing resentment does not change the underlying self love.

## Transforming Resentment

- Mechanically, we are 1 sided and do not see the other person in ourselves and ourselves in the other person.
- Use external considering to try to see yourself as they see you.
- Chronic resentment may lurk below the surface and be expressed as sulking, 'sour grapes', 'chip on ones shoulder' or a 'hair trigger' for firing off. Look for these in Self-observation.
- Remember, millions of people at this moment are feeling resentment. 'I can Work'.

## Notes on Anger

- We become angry when our vanity is hurt.
- Anger that stems from frustrated want is based on the energy field below it, desire (exaggerating the importance of desires) and can lead to rage.
- Anger easily leads to hatred, which has an erosive effect on all area of a person's life.
- Anger is often expressed by resentment or as a lifestyle this is exemplified by being irritable, quarrelsome or contentious.
- Anger is used as a substitute for courage.

## Transforming Anger

- Nothing is harder to bear than the negative manifestations of others toward you. Hold this idea close to Work I's.
- Work on anger through the body – the easiest way is to activate movement. Increase your circulation and oxygen intake through deep breathing. Observe the exhalation of breath and see that your lungs are completely emptied. Working physically, the energy anger has created can be transformed into a positive force that consumes, absorbs the anger, like a chemical in water.
- Work on the small I's. Left unobserved, the energy accumulates and often leads to angry expressions.

- When possible, practice the use of reason and restraint. Remember anger is used as a substitute for courage.
- Transformation is possible thru prayer and Self-Remembering.
- Use of future memory.
- Take the opposite position intentionally (Hawkins – Dualities of Anger).

### Dualities of Anger

Attraction	Aversion
Act out feeling	Self-control
Intimidate	Forgive
Hold on	Let go
Punish, get even	"Go Scot Free"
Self-vindication	Exoneration
Dump on others	Restraint
Excitement, stirred up	Stay "cool"
Emotionalize	Think
Dramatize	Ignore
Express	Stifle
Prove self	Dismiss
Be right	Be wrong
Enlist support	Keep to oneself
Puff up	Appear weak
Macho	"Wimp"
Growl, show teeth	Be calm
Excitement	Peace
Snarl	Reason
Threaten	Compromise
Judgmentalism	Acceptance



Examen: Is there a place where you most feel that you are righteousness, judgmental, perhaps not heard or respected as you feel you should be? Notice comparisons, the dualities listed above. Take a photograph of a concrete, definite, specific [self-observation](#) around anger or resentment: What are your thoughts? The sensations they evoke? The feelings? Can you observe and feel how the ego is "juiced" by these emotions – further fortifying its positions? There is an addictive cycle to the adrenal-like surge.