

Are You Addicted to Anger?



By Late Roy Masters

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You are addicted to anger and cannot function without it. Instead of moving from God's grace, you are motivated like an animal through your environment. Animals don't mutate or devolve in their own lifetime, but because of the sin of resentment, people can.

In the light of the moment, you need to observe the procession of faults that surface until you arrive at where they began. The willingness to uncover disturbing memories without becoming upset, or taking offense at anyone who points them out—this is the first step to salvation.

Soon you will realize how little daily irritations, such as resentment to stress of any kind, produce an almost flawless illusion that you have a free will and are making your own choices. But really, when you resent, you are enslaved to, and blinded by, your resentment—and to whatever has stirred it up.

Excitement, especially resentment, maintains this illusion of freedom—but it backfires into torment and despair. Emotional upset sets aside conscience, so as to do your own thing or to forget the shame of it. At times, resentment makes you feel strong and self-righteous.

Your repentance will stop the feeding of the past in the present, letting sins emerge and be dissolved by your true friend and problem solver—the Indwelling Light.

The stress of nature and natures' God is never the problem—the

susceptibility to resentment which lurks in human nature is. People, who arouse strong, angry emotions, get to be in charge of cementing together dangerous thoughts—those prejudices, fears, and wicked compulsions of all kinds that connect your responses to the environment.

Cruel, self-aggravating people monkey with natural associations and indelibly imbue people, places and things with the power to stress you—with a code so individually tailored that only you react to the message. Conditions reminiscent of the past then reinforce your troubled nature in the present.

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Resentment, with thoughts and behaviors already established, is reawakened by common circumstances. For example, you may resent someone wearing a belt that reminds you of the beating you got from your father, so you unfairly hate an innocent person just because he wears a similar belt.

Alas, when you do, resentment compounds your dilemma all the way back to where it began. It's like being traumatized all over again, but worse.

In the light of this, your first lesson, see resentment as the cause of whatever it is that got inside. It is not the thing you are resenting, but your resentment itself, that is your primary problem. Whenever something upsets you, no matter what the reason, your old programming is reinforced.

Then, even if you resent tripping over the cat, that will reinforce all the old stuff. Every problem established by resentment is continuously reinforced by each small future resentment no matter how trivial the new occurrence.

The name for this viselike grip on your soul should be “post-hypnotic stress disorder.” Unfortunately, it is called by the

less apt name post-traumatic stress disorder. Misnaming this conditioning as a psychological aberration hides the original hypnotic nature of original, and ongoing, sin.

Everyone's conflict is between what they're becoming and what they might have been. It is not too late, because you see-prevention is actually the cure.

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