

# The Purpose Of Anger



**Mushiba:** You might be asking, “What possible purpose does anger have other than to create negative feelings within Self and Others?” My response is that you are correct ~ however, anger also has a flipside where it is positive and helps us on our journey back to The One because it cleans out the Energy Centers that house our various issues.

Waith has discussed both sides of the anger topic many times ~ here is an example:

**Question:** “When we go through emotional turmoil and get angry, does that cause blockages in our Energy Centers?”

**Waith:** *“Anger is a necessary emotion in order to shake loose the issues in an Energy Center ~ anger will enter and create a blockage. However, if you understand that it is essential to shake the memories of the issue, you can send Light. The anger, in its need to disperse the Light that has come in, expands the Energy Center ever so slightly.*

*“When the anger is allowed to fester and continue ~ for many, anger may continue for the lifetime ~ and you are not able to diffuse it, then it continues to return and create the blockage that seals the Energy Center rather than helping to expand it.*

*“Anger is the opposite of the positive energy and you must experience the polarized ends in order to return to The One. For most, that will occur over many lifetimes. Thus, if you see someone who is able to deal with their issues in an easy manner, they are at a particular point on their path ~ do not compare yourself with them.*

*“If you find yourself having difficulty in diffusing anger, call upon the forces of Light and all those around you who can send you Light, to help you to diffuse the anger.”*

I try to keep in mind *The Purpose of Anger* when I feel it and send Self lots and lots of Light ~ as well as Light to the object of my anger. Most of the time that does diffuse my emotion. There are other times, however, when the emotion and the object of the anger is so strong that it takes more than just one *shot of Light* ~ it takes a continuous stream, over time. That is when I ask for Light from others. We are fortunate that part of The Game outside of The One has a rule that we must involve Others in our journey!