

## **There is buried treasure in your anger!**

The journey to self-awareness starts with being present with whatever feelings arise in the moment. While it sounds simple, most of us don't inhabit our bodies and our minds are often running ahead or behind the moment. Getting present means awakening to the ways we are not present and exploring what takes us away from the moment. Mindfulness helps us to stay with and welcome what we experience. Meditation practices cultivate mindfulness by focusing our mind and providing a ground for our experience.

As an example, let's say it is anger that you are feeling in the moment and that you are allowing the feeling to be fully present. You are as aware and intimate with the feeling as possible: neither blowing-up, nor pushing it away, nor trying to rise above it. You stay with the feeling and explore your attitudes towards it. You may become aware of the ways you run from the feeling or judge it. You may see and feel many events from your history that taught you to repress and even fear your anger. This capacity to stay with and fully understand your feelings takes time, but is worth it. A wonderful alchemy occurs and this transformation is a portal to your True Nature.

One possibility is that your anger opens to a deeper emptiness that makes you feel weak. It's a familiar weakness that you have been avoiding by trying to be strong. The weakness can feel like being weak in the knees or like the bottom has dropped out. You feel incapable and like something is missing. Into that weakness and loss comes a feeling of warmth – a feeling of heat – that heals the loss and brings a sense of “I can do whatever I need to do.” This is the emergence of the treasure buried in the anger - essential strength. Essential strength infuses our consciousness with capacity and the sense that “I can.”

As children we likely saw much distortion around anger and learnt the cultural taboo that anger is bad. When we are afraid of our anger - when we get rid of it as fast as possible – we miss the opportunity to connect with and be informed by essential strength. We miss its sense of capacity, and the awareness that we are clear, capable and strong. This kind of strength is courageous. It enables us to take risks, speak our mind and to stand-up for ourselves in appropriate ways.

The Diamond Approach teaches that the many aspects of our True Nature which have seemingly been lost are actually buried within us. By exploring into our unique psychological history we discover the ways we have compensated for their apparent loss – in this case, the loss of true strength. As we understand why we are afraid, and unravel the childhood attitudes we adopted to repress our anger, we start to uncover the hidden treasure. By staying present with our anger we can move through the loss all the way to reconnecting with our essential strength. Anger then becomes an agent of transformation – a portal into being fully alive with the clear certainty that “I can do whatever I need to do.”