



## To Exist Without Anger

Sadhguru Jaggi Vasudev

(A [Kavita Media](#) Presentation. Please email comments [here](#).)

You can also contact Kavita with your feedback, by dialing 678-720-1260. Selected comments will be broadcast on our webcast.)

*It doesn't matter how much people preach 'don't get angry', when certain situations arise you will get angry. I want you to understand this. It does not matter what kind of human being you become, even if you become a super human being, you will never have absolute control over the external world. Whether it is your institution or your family or the world, you will never have total control over the external situation.*

*But you can have total control over the internal situation. Emotional states you call as anger - what you call as hate, as lust or as compassion and love – from the lowest to the highest - are certain types of expression of the same energy.*

*Now, why you are asking if without anger you cannot exist is probably because your anger is the most intense situation you have experienced in your life. Unfortunately for most people, their fear, their anger, their hatred are the most intense situations in their lives. Their love is never so intense, their peace is never so intense, their joy is never so intense, but their negativities are intense. So they experience power in negative situations.*

*But if you transform your energy in a certain way, it naturally becomes compassion and love – then nobody needs to teach morality. And slowly as this process goes further, you reach the pinnacle of self-awareness and experience a unity with all life.*

*Suppose you start experiencing yourself as part of people around you; after that no one need teach you to be good, don't harm, don't kill. Once you experientially are a part of everything then nobody needs to teach you morality. Then you can do something for the situation, but without anger. What you have to do, you do. But when you do it with anger and hatred it is of no value – whatever you do.*

*The whole process of yoga is based on this. One day will come when even if you are put into the most extreme situation, your energies will remain very calm. How you respond will depend on the situation you are in, who you are, what your capabilities are, and what means you have. When you act out of unity with all life, you act without identity. Only then can you function out of your intelligence.*

*Yoga means to cultivate your energy in such a way that gradually it breaks the physical limitations and elevates you to the highest level of awareness, the flowering of human potential.*

**Due to Sadhguru's hectic travelling schedule Q and A will resume in July. Thank you for your patience.**

**UPDATE:**

Project GreenHands established a unique **Guinness World Record** in 2006 by planting nearly 8.5 lakh trees in one day across Tamil Nadu!

<http://www.ishafoundation.org/greenhands-tree-gift>

For more information about Sadhguru, please visit [www.ishafoundation.org](http://www.ishafoundation.org)

*Sadhguru Jaggi Vasudev is an international speaker, author and peace advocate with profound spiritual and cultural insights on health and human potential. He addresses over 500,000 people annually at his public forums. Sadhguru is a realized master and yogi who has practiced yoga since age 13 and authored four books on the essential nature of yoga. Sadhguru has synthesized the science of yoga into a dynamic program that allows people to restore and maintain optimum health and inner balance.*

*Through his books, columns, articles and interviews aired and published in a host of international media, Sadhguru is considered an authority on yogic science whose teachings help people gain an inner understanding of the issues and events that happen to themselves and the world around them.*

*Sadhguru is founder of the Isha Foundation, a non-profit organization advancing physical, mental and spiritual health through yoga and self-transformation. The Foundation administers over 100 yoga centers, an ashram, residential complex and medical center in India, and conducts public programs around the world. His humanitarian initiatives for world peace and his outreach programs for Tsunami relief, prisoners, children and Action for Rural Rejuvenation in India are examples of his determination to improve the human condition for all people.*

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- [\*\*Sadhguru Speaks April 2008: "Managing Relationships"; Q & A with Sadhguru\*\*](#)
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- [\*\*Sadhguru Speaks January 2008: "When you rear hungry hounds in your backyard, one day they will bite you as well." Sadhguru in conversation with Kavita Chhibber; Q & A with Sadhguru\*\*](#)
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- [\*Sadhguru Speaks August 2007: Terrorism is the result of a non-inclusive society; Q & A with Sadhguru\*](#)
- [\*Sadhguru Speaks July 2007: What Role Does Spirituality play in World Economics?; Q & A with Sadhguru\*](#)
- [\*Sadhguru Speaks June 2007: Sadhguru Speaks at TieCon 2007; Q & A with Sadhguru.\*](#)
- [\*A DIRECT LINK TO SADHGURU'S KEYNOTE ADDRESS AT TIECON 2007.\*](#)
- [\*Sadhguru Speaks May 2007: Inner Engineering; How Do we Deal with Growing Violence? and a Q & A with Sadhguru\*](#)
- [\*Sadhguru Speaks April 2007\*](#)

**Other Articles featuring Sadhguru Jaggi Vasudev:**

- [\*An Interview with Sadhguru Jaggi Vasudev by Kavita Chhibber\*](#)
- [\*February 2007 Words of Wisdom - Sadhguru Jaggi Vasudev on Science and Technology\*](#)
- [\*March 2007 Words of Wisdom - Sadhguru Jaggi Vasudev Q & A\*](#)
- [\*January 2007 Words of Wisdom - Sadhguru Jaggi Vasudev Q & A\*](#)
- [\*December 2006 Words of Wisdom - Sadhguru Jaggi Vasudev: "Good and Bad Divide the World"\*](#)
- [\*August 2006 Words of Wisdom - Sadhguru Jaggi Vasudev's "Allergic to Spirituality"\*](#)
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