**Self-development Wisdom Education**

**“Anger”**

***“From a ‘Wise Mind’ universal wisdom understandings, teaching and approach to anger; this human singularity is: The revolution of the human-energies…”***

**In other for the mind to master the manifestations of ‘anger’ within its physical body, monitoring its effect on us and reaction when activated; it must first be educated to the universal wisdom understanding of ‘anger’…**

**The origin of anger:**

**Because every person is a human-being, and human being is two components that form our entity, (Human and Energies); energy plays key roles in everything about our physical existence. – And those also dictate every decision our mind make, when being challenged.**

**Managing anger:**

**Educate your mind to various self-development wisdom education and continuously referring to them when making decision.**

**Example:**

**“Humility”**

**A – You do not have to accept a situation, in other to ignore it…**

**B – You do not have to accept a situation, in other to tolerate it…**

**Our energies will always react to anything which it is challenged by – Those that delights us and those that annoying to us… Regardless which one that shows up in our lives from time to time; our reaction to them have everything to do with our mind’s decision making process, and disposition; beforehand…**

***All decisions made by the mind, are also influenced by the most influential wisdom to which it has been exposed to…***

**Example:**

**1 – The decisions of the mind that is educated to universal wisdom of ‘Love-energies’; and cultivate them authentically: will be guided and guarded by those wisdom. – And will also approach all situations through those energies characteristics…**

**2 – The decisions of the mind that is educated to universal wisdom of ‘FORCE’; and cultivate them authentically: will be guided and guarded by those wisdom. – And will also approach all situations through the characteristics of Force… Violence is usually its first way of approaching all of its challenges…**

***“The best and effective method to manage ‘anger’, is by educating the mind to universal wisdom of ‘Love-energies’, and constantly cultivate them through practice of its understandings, principles, disciplines and manners; before one can begin to experience its unique ‘virtues’…”***

**By: Jansenius T. Lange Jr.**