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Meditation for a rapidly changing world

The Simple Path of Holiness Work Shop # 2

“The Anger List”

As you write out your list of resentments and anger it is important to resist the tendency to get caught up again in specific feelings of anger and resentment towards the individuals or organizations on your list.

For now it is enough to write out the list of any small or strong feelings of anger and resentments you have, and to do so in a matter-of-fact kind of way. As if to say, “No big deal, here is the list of people I love and the list of those people I am angry with?”

If you are troubled by strong levels of anger or aggressive urges of revenge it makes sense to speak with a trained counselor before you proceed with this work and as you actually work on writing out this list.

Please write out your answers in the spaces below.

Workshop Questions:

- 1) Write out the names of those people you love with whom you have little or no conflict with.

- 2) Write out the names of those people you love with whom you have moderate levels of conflict or some lingering resentments.

- 3) Write out the name of those people who you regard as friends or acquaintances. These are people you like but with whom you do not have a particularly strong bond with. But, neither are there any strong resentments.

- 4) Write out the name of those people who you regard as friends with whom you have various degrees of conflicts or unresolved disagreements, but nothing that can't be worked out. These are people you feel will be willing to talk things over and come to a reasonable reconciliation.

5) Write out the names of those people whom you love but with whom you also have deeply conflicted feelings such as intransigent family members or former lovers.

6) Write out the names of those people in your personal life for whom you have strong resentments and dislikes. These may be family members, co-workers, bosses, employees, or neighbors. These are people who have little interest in making peace with you.

7) Write out the names of those politicians, local civic leaders, media figures, business people, union officials, or religious leaders for whom you generally distrust but do not really despise.

8) Write out the names of those politicians, local civic leaders, media figures, business people, union officials, or religious leaders who you intensely dislike. For some it might be the ACLU. For others it may be the NRA. For some it may be Fox News Anchors, for others CBS.

When you write out your answers please send them to me or call. I will be glad to give you helpful and supportive insights as to how you can adapt the simple path to your beliefs.

If you have chosen to download the PDF and to type or write your answers out then please send them to me at Will Raymond MeditatioPractice.com PO Box 1725 Clinton MA 01510.

Please call or email with any questions:

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General Notes: Working with “The Anger List”

As you sit in meditation there are a couple of basic choices.

Option #1 You can do the following practice for a few minutes before you turn to your primary meditation practice such as observing the breath or repeating your sacred word.

Option #2 You can devote the entire time of your meditation to these efforts and extend them over to include wider and wider circles of people and other living beings.

1)

You can offer compassion towards your own life for the suffering you have known and forgiveness for the poor choices you may have made in the past.

“May I be happy. May I be well. May I have the health joy and fulfillment that all people want in their life.”

You can then proceed to offer love and good wishes towards those you love with whom there is little conflict.

“May they be happy may they be well. May they know the health joy, peace, and stability that all people want for their life and for their family.”

The general intent of this practice is to improve the quality of relationship you have with yourself and with those people you love the most. Steadily improving the quality of love and compassion you offer towards your own life will help you on many levels.

Chapter 6 “Affirmation” in *The Simple Path of Holiness*” expands on all of this. Especially the part of how to work at a realistic pace with regards to those you are not at all ready to love or forgive.

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