

# Passage Points Newsletter

February 2010

**This month's topic: *Is anger flaming you or fueling you?***

Someone dropped the ball on a near-to-my-heart project last week and the true impact hit me only after I had settled into sleep that night. I awoke with that queasy "bottom falling out" feeling. Lying there in the dark, each of my grand expectations and visions for the project slowly slipped into a muddy mess of misgiving and angst. Accusations swirled: "Why didn't I keep closer tabs on him?" "Why did I let my guard down and trust?" "I don't have time for this!" "He obviously doesn't care about us." "Why did I let this unravel?" With each question, my normal optimism sank deeper into a pool of rebuke and resentment.

My anxiety continued to rise as the rain bellowed into flash floods outside my window. I managed a weak prayer hoping it might push back the flood of anger that was quickly wrapping me in its power--with its sidekick, fear, egging it on and reinforcing its tenacity.

In the midst of my internal pushing and shoving, a line popped into my mind from Julia Cameron's *The Artist's Way*: "Anger points the way, not just the finger". The phrase cast a sliver of light across my black thoughts. Then Deepak Chopra's words arose from within, reminding me to breath deeply. Somehow allies were there beside me! I was no longer alone in my fight. I felt lighter. My imagined support managed to lift me high enough to look down at the anger, slowly releasing the emotional sizzle. From this vantage point, I could ask new questions, "What's the anger really telling me?" "Can I possibly see this problem being solved?" "Can I create a new picture of what I want?" "Can I lift this vision up higher than the anger? Move forward with it?" "Can I just let it all go--at least till morning?"

The squeeze of outrage eased in my throat. I let go. I had penetrated the wall of anger. I felt like the French character Le Passe-Muraille (the Walker-Through-Walls) from the the Broadway musical *Amour* and I floated on the music. I shifted from pointing blame to painting a new picture for the problem and the project. There would be new solutions on the other side! I allowed peace to settle in again. I slept with my allies beside me. The next morning a host of ideas for resolution flowed. I didn't have an answer, but I had a new direction.

Sparking possibilities,  
Vicki

## **Point to Ponder:**

***Anger is our friend. Not a nice friend. Not a gentle friend. But a very, very loyal friend. It will always tell us when we have been betrayed. It will always tell us when we have betrayed ourselves. It will always tell us that it is time to act in our own best interests. It shows us where we want to go...listen and respect it.***

Julia Cameron *The Artist's Way A Spiritual Path to Higher Creativity.*  
<http://www.theartistsway.com/>

***I merely took the energy it takes to pout and wrote some blues.*** Duke Ellington

I love hearing from you! Send comments, thoughts, ideas, stories and questions to [vicki@passagepoints.com](mailto:vicki@passagepoints.com).

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