**Anger Release**

*“Because you want to live a happy and harmonious life with other people ... and enjoy good health ... physically ... and emotionally ... you have a feeling of peace and tolerance with everyone ...*

*You realise that each person is a product of heredity and experience ... you know that if you had been born as someone else and had lived through their experiences, you would respond in a similar way ... therefore, you accept others as they are ...*

 *and when others behave in a different way to you, you allow yourself to experience compassion and understanding of their experience ...*

*you enjoy managing your emotions at all times ... especially when engaging with others that are finding it challenging to remain calm and helpful.*

*This gives you a feeling of great satisfaction ... you feel and express only the good, healthy emotions ... of love ... kindness ... compassion and tolerance to others ... you enjoy other people for their good qualities ...*

*Your forgiveness allows you a release from feelings that you no longer wish to be bound by ... because you know they are doing what you would do with their same body experiences and level of awareness.*

*From now on you are able to connect with your emotions and process them in a constructive beneficial manner ...*

*whenever unhelpful feelings appear …, you find ways of redirecting them in some acceptable way ... all your hidden personal reasons for feelings related to your past …. are processed in a similar way with forgiveness and compassion ….*

 *... from now on feelings may or may not communicate …. to your conscious mind ... the awareness that is communicated to your conscious mind is reexperienced with in a constructive ... practice and chosen way.*

*leaving you quite free to move on with and enjoy your life ... your positivity serves you well …. With energy and light feelings ... from now on your*

*….. mind always starts to process gradual acceptance …. Of your humanity because you are human you have human learning experiences ... your subconscious mind finds ways to find forgiveness feelings that you enjoy managing ...*

*and at all levels ... your mind works on ways that you can experience gratitude for those in the past that have offered you lessons that you have learned from …. And so gained from ….*

*You are developing the wisdom to understand what can be changed*

*From now on, you quickly recover your sense of humour and your sense of proportion ...*

 *you feel better and more optimistic, with renewed energy ... you dwell on the things you have to be grateful for ... happy memories and things to look forward to ...*

*More resilient you are ... inwardly much stronger day by day ... that some things are better treading a different path ... as you move forward you understand that not everyone has made your progress*