



Catching Anger, by Osho

A Zen student came to Bankei and said: "Master, I have an ungovernable temper -- how can I cure it?" "Show me this temper," said Bankei, "it sounds fascinating." "I haven't got it right now," said the student, "so I can't show it to you." "Well then" said Bankei, "bring it to me when you have it." "But I can't bring it just when I happen to have it," protested the student. "It arises unexpectedly, and I would surely lose it before I got it to you." "In that case," said Bankei, "it cannot be part of your true nature. If it were, you could show it to me at any time. When you were born you did not have it, and your parents did not give it to you -- so it must come into you from the outside. I suggest that whenever it gets into you, you beat yourself with a stick until the temper can't stand it, and runs away." While anger is happening, if you suddenly become conscious it drops. Try it. Just in the middle, when you are feeling very hot and would like to commit murder, suddenly become aware, and you will feel something has changed: a gear inside -- you can feel the click. Something has changed, now it is no more the same thing. Your inner being has relaxed. It may take time for your outer layer to relax, but the inner being has already relaxed. The cooperation is broken; now you are not identified. -- Osho