

**Meditation 24**

*The Consequences of Anger*

Think through the times in your life when you acted from anger. What were the consequences of those actions in those relationships or situations in the short term? How did those circumstances play out in the long run?

Then rest the mind. Generate compassion for everyone who follows their anger without considering the outcomes, then rest the mind. Make whatever commitment may arise from your compassion, then rest the mind. Then pray for the wisdom, compassion and capacity to transform your relationship to anger so you can have more presence of mind and practice and ability to benefit others. Then rest the mind.

Ask yourself why you thought that this thing you're angry about should have gone differently.

Generate compassion, commitment, and prayer for all the beings who are angry when their expectations—however unrealistic—aren't met, alternated with resting the mind.

Think about the possible short-term consequences if you follow and act on your anger.

Think about the possible long-term consequences as well.

Then, rest the mind, alternated with compassion, commitment, and prayer.