

On Anger

Anger is an emotional state of being that becomes very physical. Your face tenses up, the blood rushes, your muscles twitch, and you may feel like hurting somebody, yourself, or self-destructing in some capacity. While this state of being can be somewhat irrational—considering it typically involves hurting somebody else or yourself—what if we learned to transmit anger into productive force for good?

Transmutation

One of the most powerful ways to look at all of these ups and downs in life is the way in which you have control over them. The external world is not in our control, but the way we respond to the things that come our way is ultimately what we are putting on display. For instance, something could piss me off, and I could show anger on my face. Or, something could piss me off, but then I show gladness on my face, and I smile in the face of the chaos, because I know that I can transmute that energetic surge that is charging through my body, my bones, and my veins, to create something new.

It's Good to Be Jealous

You might hear that jealousy isn't a good thing because you should only focus on yourself and not compare yourself to others, but why? Shouldn't it piss you off that somebody else has figured out the successful ways in life that you were desiring all along? If you've been striving to achieve a certain goal, but you can't because of your lack of willpower, doesn't that piss you off?

So Be Pissed Off

The more pissed off you become, the better. This is my new unconventional way of looking at anger—considering it a simple fuel to the fire. Anything that excites you, ignites a spark in you, or has you feeling this intense energy, is a good thing, as long as you can channel it to improve, create, or make your world a better place.