

## How angry are you?

Is angry genetic? Why people who are evidently calm gets angry suddenly? Everyone gets angry from time to time. It's a response of the majority of human beings, when they feel threatened or in face of some kinds of unfair or contrarities. At ancient times the differences could be solved by the duel between the rivals. In the Gospel according the Spiritism, we can see a chapter dedicated to condemn this type of brutal conduct. Some people get angry without provocation; others have excessive reactions in front of a trivial hardship and still others preserve the angry for a long period of time don't forgetting the motive of their annoyance. Anger can be considered a kind of stress, and like other pathologies of stress, fit of anger can damage the healthy; the adrenaline produces high levels of blood pressure, making the heart work too fast, increasing the risk of ventricular arrhythmias and other abnormal organic process, including the emersion of the cancer' installation.

This hostility for most the researchers begin to the individuals for the influence exercised by the parents at childhood period. The child has a super-developed hearing memory and the angers feelings in this period are storage in the right hemisphere of the brain. Then in the adulthood each one develops these feelings in real conflicts, not rare assuming similar behaviors when they feel hard-pressed for anyone or any conflict situation. Of course, for us who learn the Spiritism, we must consider the spirit's influence and in addiction the moral degree that the individuals achieved by their efforts to improve the character and to mold their essence of sons from the same God. We can't believe that angry is only a genetic question because we have two principles; spirit and matter and it's intertwined. In essence, the horizontal energetic forces are produced by the fibrillation of the pineal gland into the brain; imagine all the human beings and spirits emitting constantly waves of mental energy... These waves bring emotions and sensations, so the similar energies are attracted, they are intertwined, and in such case we have a huge communication, assimilation of ideas and perceptions involving all the intelligent beings. At the universe we have patterns of spheres, then the spirits who populate these spheres can get in the way of our thoughts. According our Mentors, until the third sphere we can see spirits who maintain some vestiges of angry, jealousy and regret. Sometimes the spirits who had relations with us in other existences can transmit their emotions, helping or prejudicing our decision and interact with our free-will. At any way, even we assimilate the fit of anger from others, we are responsible to analyze and transform these feelings.

In spite of anger is considered a bad behavior, we the human, only can control this influence; we can't eliminate completely the impulse of anger just because it is connected at our nature, so the merit of us is the manner we are able to control and transform the anger impulse.

It's totally inappropriate, however, anyone who is a volunteer at the spirit house have this category of bad feelings. More than we can imagine, the jealousy, the occult dispute of power between the volunteers, in addition of the influence exercised by the spirits of the third order can transform a calm environment into a tsunami of proud and selfishness. This entire situation is present at the life of men and women who have not made the self-reform, a moral condition to help first them and after the others, who ask for help in the spirit house. Is very sad admit this fact, and the consequences are unforeseeable for directors and servants; generally the principal fault is imputed for the leaders who have not sufficient courage to point the problem when it becomes, to cut the evil in the origin explaining to the contenders the rules which governs the house. Although in essence, seems contrary for the charity principle condemn attitudes, Allan Kardec said in his work entitled Book's Mediums, that in severe cases of indiscipline is necessary dismiss this people of the spirit's meetings.

The anger little by little will be controlled when all of us understand that is better suffering an injustice than practice it.

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