



# How to Transform *Anger into Love*



CREATED BY

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# How to Transform Anger Into Love

*What do you do when anger comes up for you?*

Do you suppress it, therefore creating disease or illness in your body? Do you judge yourself and feel guilty when you react in anger at your kids, family, or partner? What do you do when people around you get angry? How do you feel? Do you get affected? Do you run away or try to avoid angry people?

All of this is an indicator that you need this process.

I'm really glad you're here because today I'm going to walk you through...

## **My Proven Process on How to Return Anger to Love:**

This will allow you to use anger for you and for Love instead of against you.

In my life, I used to be completely affected by other people's anger. Many years ago, I had a spiritual teacher who screamed at me in rage, accusing me of judging and disempowering people in his community. I had no idea what to do.

I was shaking in fear, shocked. Deep inside, I could feel this livid rage wanting to explode deep inside of me. I tried desperately to suppress it and push it down because I swore I would never be angry like my parents. I wanted to be spiritual and a good person, and I believed that spiritual people shouldn't get angry. All of these beliefs and feelings looped endlessly around my head and body, and I was completely stuck for weeks. Trapped in this cycle, I had no idea what to do. Until I developed this process that I would love for you to have too because it has made such a huge difference in my life.

And just so you know, since I first ran this process on myself and turned my anger into love, my wealth expanded times 4. I'm not kidding! It increased the level of life-force energy in my body. I was finally able to be unwavering in my love, and other people's anger no longer had any effect on me!

- The first choice that you must make is that you must un-judge the energy of anger. Let's look deeper into this... is anger truly bad, negative, non-spiritual, or wrong?
- Judgment colors your experience. If you judge anger as bad, wrong, or negative, then you will have a bad, wrong, or negative experience with it. Let's inquire further.
- In my life, I had a mom that often bursted out in anger or rage. Now, she didn't have these tools that I'm giving to you today, so there's no blame; it's just what happened.
- What I did, as a little kid (as you probably did also) was say to myself, "I will never get angry like that! I will never be an angry person like my mom!" Did you also have someone in your life that bursted out in uncontrollable anger or rage? Or did you have the opposite: parents that suppressed their anger because they also judged it as bad or wrong? Either way, whichever you experienced, you were (and probably still are) affected by that anger. So let me go into what each belief system creates.
- "I will never be angry like Mom or Dad" = Anger is bad and hurts people.
- "It's better to suppress anger, like Mom or Dad" = Anger is bad and hurts people.
- Is anger truly bad? Does it actually hurt people? Or is it the choice to direct this anger to control, hurt, stop, limit, belittle, or have power over someone the thing that actually causes the damage?

### **What happens when you judge anger as bad?**

Let's see if you want to experience any of this:

- Judging anger as bad or wrong makes it greater than you and therefore able to control you. So, if you love being controlled, keep judging anger.
- Judging anger as bad or wrong makes you a doormat. So, people who are willing to be angry can control and manipulate you with their anger.
- Judging anger as bad or wrong makes you to be a victim to anger and angry people. Perpetrators use anger to find out who is the prey. So, if you want to be prey, keep judging anger.
- Judging anger as bad suppresses it in your system, which creates harm in your body.
- Judging anger as bad limits your flow and fullness of life-force energy.
- Judging anger as bad or wrong makes you waveringly unstable in your energy.
- Judgment of anger limits the energy of protectiveness you can embody on behalf of life and love.

- It keeps you from being fully heard and understood if you're a speaker, or even if you just want to be a clear communicator.
- When anger is judged, it is suppressed. When anger is suppressed, it eventually comes out like a volcano and explodes all over everyone.

When you don't have any judgment of anger, you can choose to use it when it works FOR you and FOR love instead of this "suppression-followed-by-inevitable-volcano-explosion-technique" that most of the world unconsciously functions from.

- Anger is not bad or wrong; it's just an energy.

*"I (first name) now accept that anger is not wrong, bad, negative, or good, right, or positive. I un-judge my entire experience with the energy of anger."*

- The truth is that anger can be used for love. And when you learn how to use anger for you and for love instead of against you or against love, you will see how it strengthens your love. It makes your anger fierce and unwavering.
- When you start opening up your flow of anger, you may feel angry and wonder, "Why did Rikka take me through this process? Now I'm angry all the time!" Once the anger returns fully to flow, you will feel it as power, and it will contribute to your love.

Once you have gone through this process and anger flows without judgment through you, it will begin to show up in the following circumstances.

## **# 1: To protect life or love (my life or the lives of others)**

**Example:** If someone is about to cross the road and get hit by a car.

## #2: If someone is lying to me and I'm making it true.

**Example:** People lie to themselves all the time. Hey, we've all lied to ourselves about being limited when we're not, right? Ha ha! Most of the time, it's not personal. I mean, sometimes someone is trying to lie. When someone lies to you and you believe it, you will become angry. It can be used as a detector for further investigation. Foul on the play!

Once you see that they're lying, the anger will go away. You can ask, "What is the lie here?" As soon as you expose the lies, the energy will dissipate.

### But first, I have a few rules about this process:

**#1:** Don't direct your anger toward anyone. Just because you have it doesn't mean you get to use it. Only use it FOR love. I'll show you how in a moment.

**#2:** In a relationship, when you unlock and unsuppress your anger, you might feel angry for a while. I find that a great tool is saying, "Honey, I'm a bit of a lion right now. While you may want to approach me with caution, you should know that this anger has nothing to do with you, OK?"

Run this process whenever you're pissed. You can try to run this process when you're not angry, but it might simply make you feel like you're acting. So, I recommend that you run it when comes up.

# How to Transform Anger into Love Process

For me, I like to go out into nature to run this process, but you can also run it in your home or car any place where no one can hear you. This is a powerful energy, and again, not everyone is willing to be it. So it's best that you do it by yourself, or with a friend who also knows this tool!

You may think or feel like you're mad at something or someone else. But, if you ask this question, "Who or what are you most mad at?" you'll find the one whom you're truly mad at is you, and you won't be doing any favors for yourself or your body by directing that anger towards yourself. So how about we get mad at the limitation instead of directing it toward you or outward at someone or something else?

## Step #1: What limitation is making you angry?

**For Example:** I am angry that I make myself wrong!

## Step #2: With all the power of the anger that is coming up, scream at the universe how this limitation is no longer allowed to happen.

It's done. You're done with it! It's over! You will no longer \_\_\_\_\_! Use the power of that anger to end the limitation.

**For Example:** I'm done with making myself (insert cuss words if you wish) wrong. I am not wrong! And I no longer allow anyone to make me wrong! No one is allow to make me wrong ever again! Not him! Not her! Not myself! No one! I am not wrong, I am not right! No one is wrong or right!"

### **Step #3: Once you have addressed the limitation, you can now direct it at the future that you are now commanding to show up.**

"From now on, \_\_\_\_\_ is what happens. I deserve \_\_\_\_\_. I demand that \_\_\_\_\_ is the way that it is!"

**For Example:** From now on, I am never making myself wrong for anyone. I am no longer being the scapegoat. No one is allowed to blame me as if I'm at fault! I am no longer looking at how I said or did the wrong thing. I deserve to be free of judgment! I deserve to not be wrong! I now demand that this is the way that it is. I deserve to feel good about myself! I deserve to enjoy what I say and do!"

#### **Tools for working with children:**

If a child is getting angry, stand beside them and get mad together at the limitation.

But now that you're willing to embrace your anger, from using this process you'll find ... You will almost never have to use it! You see, people only f@\*k with people who have judgments of anger and are therefore unwilling to be it. When you are willing to be anger in any moment and have no judgment, you'll find that you only have to use it in very rare occasions. During these events, you'll feel the anger coming through, and you'll sit there contemplating: "Would I like to be this? Would this create more expansion and love? Does this person need me to fight for them?" Love works much more expansively this way.