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RETURNING
with Rebecca Campbell

**A PODCAST TO RETURN
TO THE WISDOM WITHIN**

Available on



HOW TO RELEASE ANGER

Episode Transcript

Hey, it's Rebecca, and welcome to Returning. A podcast to return to yourself and the wisdom within. I'm so glad you're here with me. Thanks for returning.

Today, we have a question that I've seen come up a lot lately, and it's definitely something that has been up for me over the past few years as well. It is on the theme of anger and rage. And we're really exploring how we can use the energy of anger to create rather than destroy and destruct.

I know how precious your time is so let's jump right into Sacred Space together now. In the center of your heart, imagine a flower and invite that flower to open petal by petal revealing a light in the middle. This light is your wise, intuitive self. Your soul. Invite that to step forward now. And taking a moment to acknowledge the keepers and custodians of the land where I am and where you are, known and unknown. Beautiful. Let's begin by listening to today's question from Hannah.

Hannah: Hi Rebecca. My question to you today is how can we release rage in a positive, healthy, life-affirming way?

Rebecca: This is such a great question, Hannah. Anger or rage, I find, is often a reflection of what is really important to us. It can show us our boundaries, or most likely lack thereof. It can be a guiding light, revealing what we most truly care for, what we really want to protect. And it can also hold within it the codes of our true passion and sometimes even our purpose. But we really do need to do the job of listening to our anger and really offering it a safe and productive space to be expressed and released.

I find in our society we tend to see anger and rage as things that we should avoid. As if expressing anger and rage is really not ideal or even bad. And we tend to see anger as something that should be restrained or controlled. I know I'm a mum of boys and I'm aware of the fact that so many of us and so many boys are taught that their anger is dangerous, that they are dangerous. And women and girls, that their rage is just not ladylike. But I also know that when we repress something,

there's always a consequence, and it may end up festering in our body and make us blocked or or even sick. I know from repressing anger within myself that it can paralyze us from truly living, from our, distance us from our joy, actually, and paralyze us from living a passionate, really joyful life. And then, of course, it might come out in ways that are physically, mentally and emotionally harmful to others, particularly if that anger has been repressed or seen as bad. And then, you know, when we feel that pressure, it, like, erupts out of us.

So this is a really complex topic. And obviously for each of us, it's going to be completely different. So I'm trusting that you're an adult and that we're all adults and that we're all trying to navigate this in a way that's really true to us. So I'm really sharing this from my own experience of when I've observed people embrace the message that anger is trying to tell them and to use it as passion rather than, yeah, as something to create rather than destroy.

So when we understand our relationship with our emotions, especially the big ones, such as anger, and safely let these emotions be expressed. Your emotions are feelings and feelings in motion. Then we're able to really be healthier beings who cause less harm in the world. I believe that, like, anything and anyone, the emotion of anger can often soften when it gets truly witnessed, like the essence, the passion within it gets witnessed. And I'm also mindful that this often isn't straight forward when we're in the midst of having these really strong feelings. But like anything on the spiritual path, doing the work to tune inwards and listen deeply to that wisdom within and the fire within us, if it comes within us. And I have an Aries moon so I can get quite heated up and fired sometimes. But if we do do the work of listening deeply, then what can be revealed is wisdom and insight that can, if we let it, truly cultivate positive change.

So, in terms of how we can release rage and anger in a positive, healthy and life-affirming way, I find it's all about finding a safe way for the anger to be heard, to be released or transmuted. Safe doesn't necessarily mean quiet but it does mean conscious. So I'll never forget when one day my husband actually got really, really angry about something and expressed his anger in quite a loud roar way. And yeah, I grew up in a family where we didn't really express anger, and so I found that, it difficult. And so I called my friend Binnie, who's in her eighties. And yeah, I was expecting her to be outraged with me. And yeah, just agree with me that his behavior was unacceptable. And her response really stopped me in my tracks and shocked me, to be honest. And I actually asked my friend Binnie to record what she said. And so here she is now.

Binnie: Darling, how wonderful that he was able to express that so freely and in such a safe way. Gosh, many people hold it in and then it comes out in harmful ways or transforms into deep grief and sadness. You know, I believe that anger is really all of our passion, our life, the energy that's been held back, because it's got a negative thought attached. Which is almost always I'm helpless, hopeless and powerless to do anything about this. Yeah, that's anger, passion.

Rebecca: That moment really flipped my understanding of this creative force that is within us. Anger really is such a strong emotion that can be deeply sacred and holy. Anger delivers clear information to us. It can be used to create incredible things in the world. And if we are to consciously live, then the invitation is to try to understand that information and to embrace that energy and express it consciously. So, for example, if you are angered or outraged at something that is happening in the world or to yourself, how can you use this information and this energy to create change rather than destroy? So you're choosing creation rather than destruction.

Anger can be an indication that you are really passionate about something. There is a fire within you that has been ignited. And so how can you direct this energy in a sacred way? How can you use this energy to create something new, to birth something new, rather than perpetuate harm? How can you harness the power of the fire within you to create change rather than just burning everything down?

Anger repressed can stagnate within the body, and this stagnation and repression can turn into grief. I've definitely experienced this firsthand. I was living in London and was in the early stages of recovering from a breakup of a really long term relationship. I'd given my absolute all to this relationship, and, in some ways, I overextended myself more than I probably should have over the years that we were together. And this was a decision I made, I'm not blaming the other person, but, yeah, that was the dynamic. And then all of a sudden, about six months into the breakup, the breakup had been amicable, and I was, I was struggling to move on because it was such a long term relationship which had lasted all of my adult life, really. And even though I knew the relationship wasn't in my highest good, I'd chosen to be out of it, it was an amicable end. It took me finding out that he'd moved on in a new relationship for this unrepressed rage that I had pushed down within me to erupt. And yeah, it was like years and years of pushing it down had left me frozen and stuck and sad. But this information that caused this familiar frequency of the anger which I'd pushed down, began to bubble up within me. My friend, who was also a therapist, suggested I do something to safely express this rage, to kind of, like, cut the cord and just, like, get the emotion out of me. So it's, like, it's not frozen within me, I'm letting the feelings move. And so together we came up with a plan. It was our own little cord cutting ritual to express this anger. And I did this ritual, and I've got this ritual in The Sanctuary - I've just shared it recently where we did a symbolic cord cutting ritual. And then as part of the ritual, this is, like, a little add on just for me, I gathered a couple of old jam jars from the fridge and went into my little courtyard of my tiny little studio apartment I was living in at the time. And I put down a really big sheet, like a bed sheet, on the ground and took a deep breath, like took a couple of steps back and harnessed all the energy within me, all the anger that was like red hot within me and threw these jam jars against the stone wall. And hearing and watching them smash against the wall was so satisfying. I let out a few, like, very loud screams after each smash, which was very satisfying as well, with the intention of getting this emotion, this repressed frozen anger that was within me, out of me. And I kept going until it felt complete. And I must have been so, so loud because my neighbor heard me and was like, oh my

gosh are you okay? But the amazing thing is I'd never even met my neighbor from upstairs. She came down and we ended up, she, we actually, she invited me over for a glass of wine after and we became great friends. And so I always laugh that, like, yeah, expressing that anger called her in. But, yeah, in order to really integrate that change, I then created a playlist of really high energy kind of intense songs that felt like it allowed that moving of the big emotion out of me. And so I had this playlist which I listened to for 21 days and, as a daily ritual, I did a shaking dance practice. Where basically for one song I would shake out any sadness or any anger from my body. And yeah, so it might be shaking it from my leg, shaking it from my arm, shaking it from my head, shaking my belly - wherever I felt it, I would, like, shake it out. And if I needed to sound, I would do that as well. And it was amazing. I felt so liberated and inspired and freer than I had for such a long time and maybe even more alive than I had for at least a decade, if not ever. So it was such an amazing thing to do. And, yeah, soon after, interestingly, I then gathered up the courage, I got a lot of courage from expressing this anger because I think it just wasn't frozen in my body anymore. And so, yeah, I gathered up the courage to put on my first workshop, which I had been called to do for such a long time, but had been avoiding it because I was scared. And so, moving the energy out of my body in a safe way seemed to really shift the sadness and fear in my body and create space for something new. And interestingly, I met my husband a couple of months after that as well. And so I wonder if had I not done that, the safe release of that anger, like would that relationship have come in? So yeah, I find it very interesting.

And another time when I remember experiencing, like, a lot of anger and rage was actually when I had my first baby. And, yeah, I experienced something that I referred to as postpartum rage. I know that I've spoken to quite a few friends who were, and I became a mum in the pandemic. And so it's a couple of friends who became mums in the pandemic who resonate with my experience and the rage that I had felt. But I also have friends who have experiences in postpartum anyway. I know hormones are all over the place. We're Sleep deprived and we've just been through, and we are in this initiation of changing who we are - becoming mothers. So it really hit me strongly. And yeah, it was obviously at a time where there was a lot happening on the planet. And I do think that that, for me, played a big part of it. So it was almost like I birthed my son, the planet was rebirthing, I was being rebirthed as a, being initiated into motherhood at that time without any community around me because of lockdowns and, you know, all of that. And so, yeah, all of a sudden it felt like as well since I had just become a mum and looked down at my son and this world that he had inherited by being born here. And I realized in that moment how deeply attached I was to this world in a way that was much more than before. Every part of my being wanted to protect my baby and, as a result, the wellbeing of this planet in a way that I could not even fathom before. I began feeling so angry at the state of the world that we and previous generations have created. And the, and also just like fearful of the world that my son and those who'd come after him were going to inherit and had inherited. I think also there was other stuff happening, as I'm sure you know, everyone had their own personal syllabus during COVID, and I'm sure it still continues on in ways that we're yet to, kind of, have distance to properly understand. But what I noticed myself was the rage I was

feeling when I actually went into it, it was actually very sacred and holy. And it also had a very big edge to it, which, you know, being sleep deprived did not help. You know, the lockdowns and border closures did not help as well. And at times it was very difficult to harness. It would come on at night, actually, when my son was asleep and it was like the world was asleep and it would erupt within me like a volcano. And I would, like, try and scream into the pillow, I was trying to, like, get it out of my body. And at times it really was difficult to harness.

And I also remember this one point making a conscious decision to use it to play my role in birthing something new. And soon after that I actually ended up creating my Inner Temple Mystery School Training. Which, you know, I think is in a way is my response to this world that where our children and the young ones still to come are inheriting. You know, this training really does guide people to experience the sacred in nature, and work with nature guides, and really look at the sacred that is already here and how we can protect it, and work with it to enhance our intuition and step into our sacred purpose. And I really believe that we all have a purpose. And the more that we can connect in with those emotions that are bubbling up within us, to connect in with our intuition and act on that the less harm we do to the planet, the more in harmony with nature in the rest of life we are.

So because dealing with passionate anger and even rage has been a very big challenge for me on my path. I've actually created quite a few tools on it and the first one I did was a transmuting anger and frustration journaling workbook, which I shared in my, The Sanctuary Membership, and that was super popular. I had, I didn't expect it to be that popular, but it turns out I wasn't the only one who was dealing with anger. And then so, I created a new meditation just recently called The Alchemizing Anger Meditation, which again was super popular. I think that we really do need to look at those emotions that come within us and look for positive ways to do it. You know, now more than ever, we really do need to, perhaps, embrace what is and alchemize that, rather than just bypass it and push it down. And, you know, we don't have time to just, you know, repress it all. These times are birthing times, they're changing times and I do believe that we all choose to be here on this planet, in this body at this time. And so, you know, our emotions can be information. Our anger can be information. And I really feel passionately as well that it's important for us to embrace what is and alchemize it, rather than bypass it because, you know, just because we think, oh being angry isn't spiritual or, you know, I don't want to make someone mad, I don't want to feel uncomfortable or make someone else feel uncomfortable. If you ask me, alchemizing anger in a positive, conscious way and using it to create something rather than repress or negatively destroy or destruct is some of the most holy work that there is.

Soul Inquiry is a practice where we enter into a direct dialog with our inner self. I like to write my answers down as I find I receive more deeply that way, but feel free to do what works for you. Today's Soul Inquiry prompts are - what makes you feel furious, angry, or full of rage? How do you feel - helpless, hopeless or powerless? And how can you consciously use this energy that you feel

within you to create something new? And if you feel called, perhaps thinking of one little baby step you can take in that direction today.

Let's all share a deep breath together as we close this Sacred Space that we've stepped into. I'm so grateful for you being here. And thanks again to Hannah for sending through today's question. If you'd like to mull something over with me, then feel free to send through a voice note with your question to podcast@rebeccacampbell.me. If you'd like to keep returning to yourself and returning here with me, then please hit subscribe. And if you love this podcast, leaving a review or five-star rating really, really helps as well. So thanks in advance for doing that. You can, as always, find the show notes from today's episode and the Soul Inquiry over at rebeccacampbell.me/podcast. Thanks for returning.