

UNDERSTANDING

WORDS

AN END TO ANGER & CONFLICT

by

David Samuel

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Introduction

I have presented this material numerous times to groups in several countries. The participants feedback was consistent. A reduction of anger by approximately 50% to 70% within a couple of weeks.

That may sound unbelievable, but really it is not. The basis of such a large reduction is that there are two kinds of anger. Anger *for* and anger *at* something.

Anger can be either destructive or constructive, depending on whether it is *at* or *for* something. Anger *at* is destructive and serves no useful purpose. It is the emotion we express toward drivers who cut us off, for example. This type of anger robs you of vital energy and can become addictive, like misery. A friend and teacher once told me, "Some people love their suffering so much I don't have the heart to take it away from them."

Anger *at* is consuming. Like a wildfire with more and more forest to decimate, it continually replenishes its force, rarely burning itself out. If it is not dissolved, it simmers down, laying in wait for yet another reason to control your mind and have you blow up at a mere trifle.

Anger *for*, on the other hand, is a positive force that many highly successful people use to significant advantage, directing it rather than letting it consume them. Anger *for* is the type of anger we have about

injustice, poverty, or educational, socioeconomic, health, or racial inequities—phenomena beyond our control that limit people from expressing their full potential. It makes us want to constructively change the way things are.

Anger *for* the improvement of life often provides the passion that fuels success, like the fire that heats the water for running a steam engine.

Mahatma Gandhi, feeling anger for the British injustices toward the people of India, once said, “I have learnt through bitter experience the one supreme lesson: to conserve my anger, and as heat conserved is transmuted into energy, even so our anger controlled [focused] can be transmuted into a power which can move the world.” And move the world he did! Gandhi’s passion was so fervent that 250 million people supported his cause, ultimately returning the control of India to Indians.

Always question whether you are angry *at* or angry *for*. If you do not know, look for physical cues: anger *at* feels like your body is tensing up, or like you can’t breathe, or like a gremlin is eating you from the inside, whereas anger *for* feels more like you are being propelled from the inside. Once you have identified the type of anger you are feeling, recognize that anger *at* someone must be dissolved and anger *for* an injustice must be expressed, then take the appropriate measures.

An average persons anger is 95% anger *at*. And so, to eliminate the majority of this in a few weeks with the proper understanding is actually quite reasonable. In time, you can eliminate it entirely. But first you must know its source and then how to disarm it.

Although I have attempted to detail as much information as possible to give an in-depth explanation of the principle, the written word cannot fully express the finest points that come up in conversation.

However due to the limitations of time and location, I hope that this book in combination with the extensive collection of my other writings on my web site will give you enough information to make significant progress in mastering your Mind and life. In time, perhaps, these principles will be absorbed and give you more than you perceive at the moment.

I suggest that you forget everything you know, anything you have read or learnt, and read this book with an open mind that sincerely wants to eliminate anger from your life.

I offer you this true story to make you smile next time you are angry *at*.

When I was in India, I quickly learned that getting a train ticket there is an experience unlike any in the West. The normal procedure is to push your way to the ticket booth, along with twenty or more other travelers, all clutching their money and attempting to thrust it at the

ticket seller. Whoever's money he takes gets the next ticket. This is not the place for a polite, wait-your-turn type of person.

Aware of the chaos, I went a day early to buy a ticket to Alleppy and was delighted to find the station relatively un-crowded.

"Is there a train going to Alleppy tomorrow morning?" I asked the attendant.

"Yes sir, there is a train going there every day."

"Are you sure there is a train going tomorrow?"

"Yes sir, certainly. There is a train going tomorrow morning—nine o'clock."

"Good, can I reserve a seat for that train?"

"No sir, there is no reserved seating. You come tomorrow and get ticket."

"I would like to be sure of getting a seat. Can I please have a ticket?"

"No sir, no need to reserve. There are many seats every day on this train."

After a few more pointless attempts to secure a seat for myself, I finally gave up and left, hoping for the best.

The next morning the same attendant was at the ticket booth. When I requested a ticket to Alleppy, he replied, "Sorry, sir, there is no train going there today."

"What do you mean there is no train. Yesterday you

said there would be a train today."

"Yes sir, I said there would be a train today."

"Well then, I'd like a ticket."

"No sir, there is never a train going there this day."

"But you said there is a train every day."

"Yes, I said there is a train every day, but there is no train today. There is never a train this day."

With steam rising through me, I screamed, "If there is no train going today, why did you tell me there would be one?"

The attendant looked me straight in the eyes and said, "I did not want to get you upset."

I wish you great success at getting a good seat on the ride through life.

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Understanding Words, An End To Conflicts

*Ink is only ink.
Letters form words from ink,
But the ink is still just ink.
Ink makes all the different words,
See the lines, one by one that form a letter.
If you dissect it,
It just comes down to a bowl of ink.*

We speak with words and listen to them, but what are words? They are sounds that convey ideas. If I say the word horse, it may immediately conjure up in your mind an image of the animal you have come to know as a horse, or without any context or spelling, perhaps you may think I am talking about the sound of my voice. But to someone who does not speak English the word will fail to bring any image to mind. Hence while either speaking or listening, it is of no use to get lost in words themselves; instead, we need to focus on the meanings behind them, on the ideas they are conveying.

Words are among the most dangerous powers a person can wield. When what you hear is not what the other person is trying to say—and conversely, when what you want to say is not what the other person is hearing—a conversation can quickly turn into a

confrontation. The best precautions are first, not to take the words we hear literally, and second, not to trust your own interpretation of others' statements. If you are in a bad mood and looking for trouble, you may interpret a comment negatively, whereas if you are in a peaceful state of mind, your interpretation may be the opposite, resulting in an altogether different conversation. You cannot enter into anyone else's mind and know exactly how they are thinking at the moment, nor can you expect anyone else to know what is going on in the maze of your mind. You alone are responsible for your reactions to the words of others. Words are like a knife placed on the table, you can pick it up and stick it in your own heart or you can leave it on the table—the choice is yours.

My grandfather told me a story that illustrates how easy it is to misinterpret words and respond inappropriately.

When he got off the ship on his first visit to Morocco in 1920, a local who made his living helping tourists approached him. The man asked my grandfather if he needed a hotel. He did not, he replied. "Perhaps a nice woman?" the man continued. Being married he replied: "Definitely not!" Then the man asked, "You want couscous?" My grandfather, being ignorant of Moroccan cuisine, thought he was being cursed and replied, "You go to hell!"

The moral is this: Don't get lost in your interpretation of the words you hear, especially if you are not certain of their meaning or intent. Even if you are certain, you may be mistaken. Many arguments erupt because we interpret words according to what they mean to us rather than to the speaker. However, once you understand that words are nothing more than concepts with a meaning understood individually by each person and not necessarily identically by everyone, your perspective will quickly expand. You will discover that words are only the beginning—a means of opening the mind to receive a thought. To bring this expanded perspective to the messages you convey, imagine that every word in your vocabulary has a hundred meanings. Accepting that your words will have different meanings to different people will greatly improve your ability to communicate without conflict because that concept will force you to choose your words carefully. Conversely, remember that when you listen, you have that many meanings combined with the same amount that the speaker has. The potential for misunderstanding is infinite. It is only by chance that we can communicate without problems.

A monologue is; 'One person talking to themselves.'

*A dialogue is; 'Two persons,
talking to themselves.'*

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