

**ANGER: BUDDHIST WISDOM FOR COOLING THE
FLAMES**

Alan Storlie

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What is happening in the present moment is life. When the food in your mouth becomes almost liquefied, you experience its flavor more intensely and the food tastes very, very good. While embracing your anger, you practice looking deeply to see the nature of your anger because you know that you may be the victim of a wrong perception.

Ipickoneofhisbooksandreaditoveraperiodofafewmonths.YouhavetotrainHis sister was playing with other girls on the hammock, and suddenly she fell off. Why did I do that? Anger is in us in the form of a seed.

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