Releasing Anger Meditation

By Brad Austen

Often when we experience abuse or trauma in our childhood, it can lead to feelings of anger and resentment. This meditation has been designed to assist you in releasing this anger in a safe space. If at any time during this meditation you feel overwhelmed, feel free to pause, take some deep breaths and revisit it again when you feel better.

Begin now by taking some deep breathes. Just be aware of the breath as you breathe in and breathe out. Do this a few times until you feel centered and relaxed. As you breathe in imagine you are breathing in white light, and as you breathe out imagine you are breathing out all tension and anger from your body.

You now find yourself sitting in a cinema theater. The lights dim and the screen lights up and begins to play a memory from your past on the screen. This is a memory where you felt pain or anger from somebody in your childhood.

Allow the memory to play on the screen from a movie projector. Allow yourself to view the memory as it plays out but also remain as detached from the emotions as possible. You look around the room and notice there is someone else in the room. This is the person that hurt you from your past.
They are sitting in a chair and watching the memory play out on the screen. This person gets to experience your pain and suffering as the memory plays out. You notice this person begins to shed a tear and asks you for your forgiveness. You also begin to feel emotional, as you process the hurt and trauma from the memory.

You feel completely safe in this space and you walk over to the person that hurt you. You tell them that this is now the past and that you forgive them for the pain that they caused you. The room begins to fill with a violet light and engulfs you and the person, completely transmuting all the hurt and pain you are feeling.

The tears are flowing and you are being healed on a very deep level. You reach over to embrace this person with a hug, which helps to open your heart once more. You feel all the layers of pain and anger surfacing and being released on a very deep level. Stay with these feelings as they surface for as long as you need, until they have completely released.

The violet light then transforms into a green healing light. Visualize this green healing light surrounding you and healing all layers of your being. The green light dims back to the darkened room and the screen goes white. The lights in the room turn back on.

You have now taken the first step to releasing anger from your past and become whole once more. You may need to practice this meditation several times to release all layers of the anger or trauma from your mind, body and spirit.

When you are ready, gently bring your awareness back to your body. You can give your toes and fingers a wiggle. And when you are ready open your eyes coming back to waking consciousness.