

ANGER

Fury, Hatred, Malice, Rage and Wrath

1. ESSENCE

- 81 Hatred is inveterate anger.
Cicero (B.C. 106-43)
- 82 Anger is momentary madness.
Horace (B.C. 65-8)
- 83 Hatreds are the cinders of affection.
Walter Raleigh (1552-1618)
- 84 To be angry is to revenge the faults of others on ourselves.
Pope (1688-1744)
- 85 Hatred is self-punishment.
Hosea Ballou (1771-1852)
- 86 Anger is a wind which blows out the lamp of the mind.
Robert G. Ingersoll (1833-1899)

2. OPPOSITES

- 87 He who is slow to anger has great understanding,
but he who has a hasty temper exalts folly.
Proverbs (B.C. 1000?-200?)
- 88 Anger begins with folly, and ends with repentance.
Pythagoras (B.C. 582-507)
- 89 For hatred does not cease by hatred at any time:
hatred ceases by love - this is an old rule.
The Dhammapada (c. B.C. 300)
- 90 An angry man opens his mouth and shuts his eyes.
Cato the Elder (B.C. 234-149)
- 91 He that will be angry for anything
will be angry for nothing.
Sallust (B.C. 86-34)
- 92 If anger proceeds from a great cause, it turns to fury;
if from a small cause, it is peevishness;
and so is always either terrible or ridiculous.
Jeremy Taylor (1613-1667)

- 93 Whatever is begun in anger, ends in shame.
Franklin (1706-1790)
- 94 I was angry with my friend;
I told my wrath, my wrath did end.
I was angry with my foe;
I told it not, my wrath did grow.
William Blake (1757-1828)
- 95 Most men know what they hate,
few know what they love.
Colton (1780-1832)
- 96 The intoxication of anger, like that of the grape,
shows us to others, but hides us from ourselves.
Colton (1780-1832)

3. INSIGHT

- 97 Anyone can become angry - that is easy,
but to be angry with the right person, to the right degree,
at the right time, for the right purpose,
and in the right way - that is not easy.
Aristotle (B.C. 384-322)
- 98 Whom men fear they hate,
and whom they hate, they wish dead.
Quintus Ennius (B.C. 239?-169?)
- 99 Like fragile ice anger passes away in time.
Ovid (B.C. 43-18 A.D.)
- 100 Anger, though concealed, is betrayed by the countenance.
Seneca (B.C. 3-65 A.D.)
- 101 Anger may repast with thee for an hour,
but not repose for a night;
the continuance of anger is hatred,
the continuance of hatred turns malice.
That anger is not warrantable which hath seen two suns.
Quarles (1592-1644)
- 102 We are almost always guilty of the hate we encounter.
Vauvenargues(1715-1747)
- 103 Hatred is active, and envy passive dislike;
there is but one step from envy to hate.
Goethe (1749-1832)

- 104 If you hate a person, you hate something in him that is part
of yourself. What isn't part of ourselves doesn't disturb
us. 3 of 6
Hermann Hesse (1877-1962)

4. POSITIVE

- 105 He who holds back rising anger like a rolling chariot, him
I call a real driver; other people are but holding the reins
The Dhammapada (c. B.C. 300)
- 106 I never work better than when I am inspired by anger;
for when I am angry, I can write, pray, and preach well,
for then my whole temperament is quickened, my understanding
sharpened, and all mundane vexations and temptations depart.
Martin Luther (1483-1546)
- 107 Now hatred is by far the longest pleasure;
Men love in haste, but they detest at leisure.
Byron (1788-1824)
- 108 A good indignation brings out all one's powers.
Emerson (1803-1882)
- 109 Anger is a great force. If you control it, it can be
transmuted into a power which can move the whole world.
Sivananda (born 1887)
- 110 Passionate hatred can give meaning and purpose to an empty
life.
Eric Hoffer (1902-1983)

5. NEGATIVE

- 111 As the whirlwind in its fury teareth up trees,
and deformeth the face of nature, or as an earthquake
in its convulsions overturneth whole cities;
so the rage of an angry man throweth mischief around him.
Akhenaton? (c. B.C. 1375)
- 112 There is such malice in men as to rejoice in misfortunes
and from another's woes to draw delight.
Terence (B.C. 185-159)
- 113 An angry man is again angry with himself
when he returns to reason.
Publilius Syrus (fl. B.C. 42)
- 114 There is no medicine to cure hatred.
Publilius Syrus (fl. B.C. 42)

- 115 Malice drinks one half of its own poison.
Seneca (B.C. 3-65 A.D.)
- 116 Anger, if not restrained, is frequently more hurtful to us than the injury that provokes it.
Seneca (B.C. 3-65 A.D.)
- 117 The hatred of relatives is the most violent.
Tacitus (55-117 A.D.)
- 118 He whose anger causes no fear,
Who can confer no benefit when pleased,
Who can neither destroy nor subjugate,
What good is such a man's anger?
Nagarjuna (c. 100-200 A.D.)
- 119 How much more grievous are the consequences of anger than the causes of it.
Marcus Aurelius (121-180 A.D.)
- 120 When our hatred is violent, it sinks us even beneath those we hate.
La Rochefoucauld (1613-1680)
- 121 Hatred is something peculiar. You will always find it strongest and most violent where there is the lowest degree of culture.
Goethe (1749-1832)
- 122 Hatred is the vice of narrow souls; they feed it with all their littleness, and make it the pretext of base tyrannies.
Balzac (1799-1850)
- 123 Hatred is the coward's revenge for being intimidated.
G. B. Shaw (1856-1950)
- 124 The tendency of aggression is an innate, independent, instinctual disposition in man...it constitutes the most powerful obstacle to culture.
Sigmund Freud (1856-1939)
- 125 We must interpret a bad temper as a sign of inferiority.
Alfred Adler (1870-1937)

6. ADVICE

- 126 Indulge not thyself in the passion of Anger; it is whetting a sword to wound thine own breast, or murder thy friend.
Akhenaton? (c. B.C. 1375)

- 127 Anger will never disappear so long as thoughts of resentment are cherished in the mind. Anger will disappear just as soon as thoughts of resentment are forgotten. 5 of 6
Buddha (B.C. 568-488)
- 128 When anger rises, think of the consequences.
Confucius (B.C. 551-479)
- 129 Take care that no one hates you justly.
Publilius Syrus (fl. B.C. 42)
- 130 The greatest remedy for anger is delay.
Seneca (B.C. 3-65 A.D.)
- 131 Oppose not rage while rage is in its force, but give it way a while and let it waste.
Shakespeare (1564-1616)
- 132 Beware of him that is slow to anger; anger, when it is long in coming, is the stronger when it comes, and the longer kept. Abused patience turns to fury.
Quarles (1592-1644)
- 133 Act nothing in a furious passion.
It's putting to sea in a storm.
Thomas Fuller (1608-1661)
- 134 Think when you are enraged at any one, what would probably become your sentiments should he die during the dispute.
William Shenstone (1714-1763)
- 135 When angry, count ten before you speak, if very angry, a hundred.
Thomas Jefferson (1743-1826)
- 136 To rule one's anger is well; to prevent it is better.
Tryon Edwards (1809-1894)
- 137 If you have written a clever and conclusive, but scathing letter, keep it back till the next day, and it will very often never go at all.
Lubbock (1834-1913)

7. POTPOURRI

- 138 Anger, which, far sweeter than trickling drops of honey, rises in the bosom of a man like smoke.
Homer (c. B.C. 700)

- 139 When a man dwells on the objects of sense, he creates an attraction for them; attraction develops into desire, and desire breeds anger.
Bhagavad Gita (c. B.C. 400)
- 140 Although you may spend your life killing,
You will not exhaust all your foes.
But if you quell your own anger,
Your real enemy will be slain.
Nagarjuna (c. 100-200 A.D.)
- 141 In rage deaf as the sea; hasty as fire.
Shakespeare (1564-1616)
- 142 The brain may devise laws for the blood;
but a hot temper leaps o'er a cold decree:
such a hare is madness the youth, to skip
over the meshes of good counsel, the cripple.
Shakespeare (1564-1616)
- 143 Heaven has no rage like love to hatred turned,
Nor Hell a fury like a woman scorned.
William Congreve (1670-1729)
- 144 Are you angry that others disappoint you?
Remember you cannot depend on yourself.
Franklin (1706-1790)
- 145 Hate is ravening vulture beaks
descending on a place of skulls.
Amy Lowell (1874-1925)
- 146 When one God dwells in all living beings, then why do you hate others? Why do you frown at others? Why do you become indignant towards others? Why do you use harsh words? Why do you try to rule and domineer over others? Why do you exploit folly? Is this not sheer ignorance? Get wisdom and rest in peace.
Sivananda (born 1887)