

What to do when you are angry

By

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Once an old Master was travelling with his student, and they passed by a small lake. The Master was feeling thirsty so he told his Student to get some water from the lake. The student walked up to the lake. When he reached it, he noticed that right at that moment, a herd of cattle had just crossed through the lake. As a result, the water became very muddy. The student thought, “How can I give this muddy water to my Master to drink!” So he came back and told his Master, “The water in there is very muddy. I don’t think it is fit to drink.” After about half an hour, again the Master asked his student to go back to the lake and get him some water to drink. The student obediently went back to the lake. This time too he found that the lake was muddy. He returned and informed the Master about the same. After sometime, again the Master asked his student to go back. The student reached the lake to find the lake absolutely clean and clear with pure water in it. The mud had settled down and the water above it looked fit for drinking. So he collected some water in a pot and brought it to his Master. The Master looked at the water and then he looked up at the disciple and said, “See what you did to make the water clean. You waited long and the mud settled down on its own and you got clear water. Your mind is also like that! When it is disturbed, just let it be. Give it a little time. It will settle down on its own. You don’t have to put in any effort to calm it down. It will happen. It is effortless”.

Moral: Whenever you are angry, just give yourself some time. You will gradually calm down, and then you will be able to take the right decisions.