

Exercise with Anger Using the Sefirot

This is an exercise in finding your way out of the Golus/exile of Gevurah/Inner Critic.

1. Write down something you are angry about.

2. Choose one of the following 4 paths/sefirot on the Tree of Life to shift your anger.

Tiferet/Inner Child & Nurturing Inner Parent:

Can you find your compassion? Do you need compassion for yourself or for another person? What would this issue look like if you could see the beauty in it?

Hod/The Meditator:

Notice where you can find quiet acceptance and surrender to this issue that's causing anger. Can you see G-d's hand in it? Do you need to be right rather than happy? How can you create more humility?

Bina/The Thinker:

Analyze your anger. What's the truth? Where are you wrong in your assessment? Can you see this issue from all different sides? What rigid beliefs do you have that you could soften?

Daat/The Knower:

Is there something about this person or situation that I'm angry about that is a mirror of something I don't like inside my own self? What do I know or experience that is the same? What do I know about G-d that will help me to see the hand behind this issue?
