

**ANGER AMONG ANGELS-**  
***Shedding Light on the Shadow of the Human Soul***  
**by William G. DeFoore, Ph.D.**

### **Anger and Angels**

It would be easy to imagine that an angel gave the old man the presence, the strength and the love to embrace the boy. It might be just as easy to see a loving, winged spirit stopping the trigger finger of the soldier, revealing to him the beauty and gentleness of the man who approached him unarmed. Something also gave those watching from the embankment the faith and clarity of focus to stay still and believe in the brave soul before them that was walking toward the barrel of a loaded gun.

We might also be able to find anger in each of the characters of our story, though it's easier to see in some than in others. The most obvious anger is in the bitter, blind hatred of the soldier. We understand that his dark vitriol was the only thing that had enabled him to participate in the massacre that his superiors had ordered. His disdain for the civilians helped him to justify his actions, and to continue in his service to his government.

But that wasn't enough to get him to shoot this particular old man.

In the elder, the women and the children, anger is not so easy to see. Healthy, integrated anger working on the side of love does not look or sound like anger as we have known it. Here it is blending with focus, purpose and power, to spur committed action in the face of danger and extreme need. Healthy anger is a part of the warrior spirit, acting on behalf of justice and truth. Our elderly character in the story depicted this kind of focused, healthy anger beautifully. One of the most significant aspects of this scenario in *Beyond Rangoon* is that the hero is an older man. In the movie *The Edge*, starring Anthony Hopkins, we again find that a man in his sixties shows the strength, character and integrity that allow him to overcome life-threatening obstacles and emerge a compassionate hero. As the movie concludes, Hopkins's character actually protects the name and memory of a younger man who deliberately tried to kill him.

In this current era of storytelling through the movie industry, when most of our heroes are young and musclebound, these stories are solace to the soul. At a time when prevalent cultures tend to cast their elders aside as useless, we need to see these images in order to be whole as human beings.

### **The Warrior Spirit**

Anger is a protective emotion. That is its function. It is part of the fight-or-flight reflex programmed into the human brain. The warrior spirit in each of us possesses both sword (anger/fight) and shield (separation/flight). The protection of the children by the women was evident. Their powerfully steady position on the riverbank provided an essential shielding for the helpless ones in their care. If the women had run, the soldier would have fired. Their strength was in being still, and withstanding their own fear.

Healthy anger does not necessarily show up as any kind of aggression at all. It is simply and clearly focused action for the purpose of protection. The spiritual warrior is a powerful presence, and rarely if ever needs any kind of aggression to create protection and safety. This presence has the allies of wisdom and love, and thus has little use for violence. The "spirit" part of the warrior spirit is the angel standing in the presence of healthy anger.

This particular story has a happy ending, where no one was killed. Many stories do not end so well, and we are all too aware of the killing that is occurring in our world. Does that mean that no angels are present when killing occurs? Or, does it mean that the angels lost their battle to the anger that was present? Why didn't angels stop the child holding a gun on his classmates? We will take a close look at some of these stories with sad endings later on in the book, and try to decide on some possible answers to these questions.

So, what do we know so far about angelic presence? We know that it can help us to see past appearances, for one thing. As the soldier, we could easily have seen the old man as the enemy, someone who is bad and wrong and deserves to be destroyed. This is what the young man's military and political programming dictated. Yet something helped this particular soldier to see past that perception, or deception, to the heart of the kind and loving soul who walked slowly toward him, with hands raised in peace.

From the old man's perspective, we could easily have stopped at our first glimpse of the dangerous enemy soldier, and tried to run away with our companions. That would probably have meant our death. Instead, we looked deeper into the eyes of the enemy, and saw a frightened boy hiding there. We sensed that there was someone inside that soldier who did not want to kill us. We spoke to, approached and eventually held that someone in our arms. This happened largely outside the conscious awareness of the elder. Angels operate through the deeper, subconscious aspects of our being.

It is the angel inside that warms our heart, when fear and hatred would make us cold and hard. It is the healthy anger of the angel that brings a welling of love, power and the strength to take courageous action that would otherwise be unthinkable.

In the power and strength of courageous action, we see the best of the potent emotional energy of anger. In the Spanish language, there is a word, *coraje*, which carries in its meaning both courage and anger. When we mix courage, love and wisdom with our anger and channel these energies into constructive or heroic action, we invite angels to align with anger for the cause of justice, truth and goodness. Here we find the idea of the spiritual warrior emerging once again.

Angelic presence gives us depth of vision, a warm heart, courage, strength and power. It spurs heroic action, comforts us in times of fear and makes our anger useful and in service to the good. Angels among us open our eyes and hearts to the beauty and innocence of other human souls, allowing and encouraging us to touch each other at a deeper level. At any given moment, we can invite the angels in.

### **Attracting Angels**

Each of us can provide a container that draws angels into our being and into our world. We sense that they are there . . . here . . . waiting for an opening. They want to be with us, and yet must wait for an invitation. Their nature is that they cannot—will not—force themselves or their way on us at any time, ever. They work in subtle and yet powerful ways. They are largely invisible and seek no credit for their service. Noticing them, speaking with them, acknowledging and thanking them are some of the ways we invite their participation in our lives.

Our peace and pleasure, when aligned with beauty, truth and purpose, invites angelic presence. When we are relaxed and comfortable in body and mind, the doorway to the divine is opened. In his book *Timeless Healing*, Herbert Benson, M.D., cites research which indicates that those individuals who regularly practice relaxation, simple physical techniques for lowering tension levels in the body, tend to increase their faith and spiritual focus over time. Spirituality is a force that expands within a peaceful presence.

**Read more from *Anger Among Angels*: Available in your local bookstores; or can be ordered at: amazon.com; or by calling: (local) 972-791-0144 (out of area) 800-322-4773 - or email your order to [ippd4@aol.com](mailto:ippd4@aol.com) - or directly from Bill's offices, IPPD (make checks payable to IPPD. 4201 Wingren Rd., Suite 201, Irving, TX 75062) - paperback: \$10.95 - Shipping & handling: \$2.00 per book - TX residents add 8.25% tax.**

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