

## Violence: the Hidden Side

*Violence appears to have been a perennial companion of humanity for many centuries. It tears up relationships, families, communities and nations. It destroys, mauls, hurts and fragments the fabric of life, wiping out thousands of species of animals, bringing desolation to the Earth and its delicate systems.*

*It is not enough to explain violence or to institute laws that seek to combat its consequences, its unspeakable aftermath. It needs to be fully understood, without bias, without ideological preferences, as it really is. Below is a brief but detailed description of the fields created by anger and its unfoldment in the human mind. Also included is an article that seeks to understand violence from insights derived from sources in the Indian traditions.*

### Anger

(Extracts from *Thought-Forms* (1901) by Annie Besant and C. W. Leadbeater)

#### Murderous Rage and Sustained Anger

In Figs. 22 and 23 [below] we have two terrible examples of the awful effect of anger. The lurid flash from dark clouds (Fig. 22) was taken from the aura of a rough and partially intoxicated man in the East End of London, as he struck down a woman; the flash darted out at her the moment before he raised his hand to strike, and caused a shuddering feeling of horror, as though it might slay. The keen-pointed stiletto-like dart (Fig. 23) was a thought of steady anger, intense and desiring vengeance, of the quality of murder, sustained through years, and directed against a person who had inflicted a deep injury on the one who sent it forth; had the latter been possessed of a strong and trained will, such a thought-form would slay, and the one nourishing it is running a very serious danger of becoming a murderer in act as well as in thought in a future incarnation. It will be noted that both of them take the flash-like form, though the upper is irregular in its shape, while the lower represents a steadiness of intention which is far more dangerous. The basis of utter selfishness out of which the upper one springs is very characteristic and instructive. The difference in colour between the two is also worthy of note. In the upper one the dirty brown of selfishness is so strongly evident that it stains even the outrush of anger; while in the second case, though no doubt selfishness was at the root of that also, the original thought has been forgotten in the sustained and concentrated wrath. One who studies Plate XIII in *Man Visible and Invisible* will be able to image to himself the condition of the astral body from which these forms are protruding; and surely the mere sight of these pictures, even without examination, should prove a powerful object-lesson in the evil of yielding to the passion of anger.



Intense anger (From *Man Visible and Invisible*)

### Explosive Anger

In Fig. 24 we see an exhibition of anger of a totally different character. Here is no sustained hatred, but simply a vigorous explosion of irritation. It is at once evident that while the creators of the forms

shown in Figs. 22 and 23 were each directing their ire against an individual, the person who is responsible for the explosion in Fig. 24 is for the moment at war with the whole world round him. It may well express the sentiment of some choleric old gentleman, who feels himself insulted or impertinently treated, for the dash of orange intermingled with the scarlet implies that his pride has been seriously hurt. It is instructive to compare the radiations of this plate with those of Fig. 11. Here we see indicated a veritable explosion, instantaneous in its passing and irregular in its effects; and the vacant centre shows us that the feeling that caused it is already a thing of the past, and that no further force is being generated. In Fig. 11, on the other hand, the centre is the strongest part of the thought-form, showing that this is not the result of a momentary flash of feeling, but that there is a steady continuous upwelling of the energy, while the rays show by their quality and length and the evenness of their distribution the steadily sustained effort which produces them.

