

Anushree Jain



# FROM ANGER TO AWARENESS

## Harnessing the Energy Within for Emotional Transformation



The word transformation often feels weighty, laden with expectations, outcomes, and pressure to “become” something more. But pause for a moment and ask your inner self: *What does this word truly mean to me?*

When I did that, something shifted. I realised that the word itself was neutral, it was I who had infused it with meaning, shaped by my own experiences. In moments of success, transformation felt empowering; it stirred courage and confidence. But in times of failure or disappointment, it triggered anger, anxiety, and fear, echoes of unhealed emotions within.

This simple act of introspection revealed something profound: words, like emotions, derive their charge from our inner landscape. Between the idea of transformation and my feelings about it lay a bridge of my thoughts and emotions.

When we become aware that what we think and feel are creations of our own consciousness, the journey of self-understanding begins. It may seem demanding at first, but with practice, awareness deepens and we begin to choose our responses consciously, transforming fear into calm, and anger into courage.

### A Moment That Changed Everything

I still remember that day early in my corporate career. I had poured weeks into a proposal I believed could truly change how our team worked: researching, refining, rehearsing every word.

But the meeting fell flat. A few people checked their phones; others looked bored. When I finished, polite silence filled the room. A senior manager gave a curt comment, and just like that, the idea was shelved.

Two weeks later, someone else presented a similar concept and it was met with applause. That moment burned. The sting was not just about rejection; it was the feeling of being unseen. Anger welled up: hot, heavy, and relentless. I remember sitting at my desk, jaw tight, heart pounding, stomach knotted.

At the time, I thought I was simply furious and justified. But years later, with deeper awareness, I understood what really lay beneath. It was not just anger. It was fear. Fear of not being enough. Fear that effort might never outweigh politics. Fear of being invisible.

That moment, though painful, became a turning point. It nudged me toward a deeper understanding of emotions and the subtle energy that shapes them.

### What Exactly Is the Energy Body?

Have you ever walked into a room and instantly sensed tension in the air? Or met someone and felt either completely at ease or strangely uneasy before a single word was spoken? That is not your imagination. That is your energy body picking up information long before your conscious mind does.

The energy body is not some mystical abstraction. It is your lived experience, the pulse of sensations, feelings, and subtle shifts of aliveness moving through you. It is the flutter in your stomach before a big moment, the lightness in your chest when joy floods in, or the heaviness that settles when sadness lingers. Think of the last time you felt anxious. Where did it show up? Most people point to their chest, stomach, or throat. That is not random, it is your energy body showing where emotion is gathering, moving, or getting stuck.

These sensations are not “just in your head.” They are embodied messages. Every emotion, every experience leaves its imprint within you. Some energies flow through effortlessly, while others stay lodged, creating subtle blocks we carry for years without even realizing it.

### The Hidden Intelligence of Negative Emotions

It took me years to understand this: **anger and fear are not the enemy.**

For a long time, I tried to be the person who never got angry, who stayed positive, who “managed” fear. But all that really happened was that anger went underground, showing up as irritability, sarcasm, and passive-aggressive remarks while fear morphed into the constant hum of anxiety I thought was just me.

The breakthrough came when I stopped suppressing these emotions and started listening to them.

Anger, I discovered, is actually brilliant. Every time it rises, it carries a message:

***“Something here does not align with your truth. A boundary has been crossed. Pay attention.”***

When I felt anger after my idea was dismissed, it was not the emotion that was wrong, it was the signal pointing me to what mattered: fairness, contribution, being heard. Anger was not the problem. It was showing me the problem.

Fear, too, is deeply intelligent. It is our built-in safety system, an early warning that something feels threatening. The catch is, our bodies cannot tell the difference between a tiger in the jungle and a judgmental boss in a meeting. Both trigger the same survival alarm. So, there I was in my early career, reacting to rejection as if my very safety were at stake. No wonder I felt drained all the time.

### The Anger—Fear Loop: How We Get Stuck

As my awareness deepened, I noticed that anger and fear were not separate, they were partners in a cycle that kept feeding itself.

A criticism, a mistake, a colleague getting credit I wanted, fear would spark first:

***“I am not valued. What if I fail? What if I am not good enough?”***

But fear felt weak, unsafe to show. So, my system did what it had learned: convert fear into anger. Anger felt stronger, more controlled, more protective.

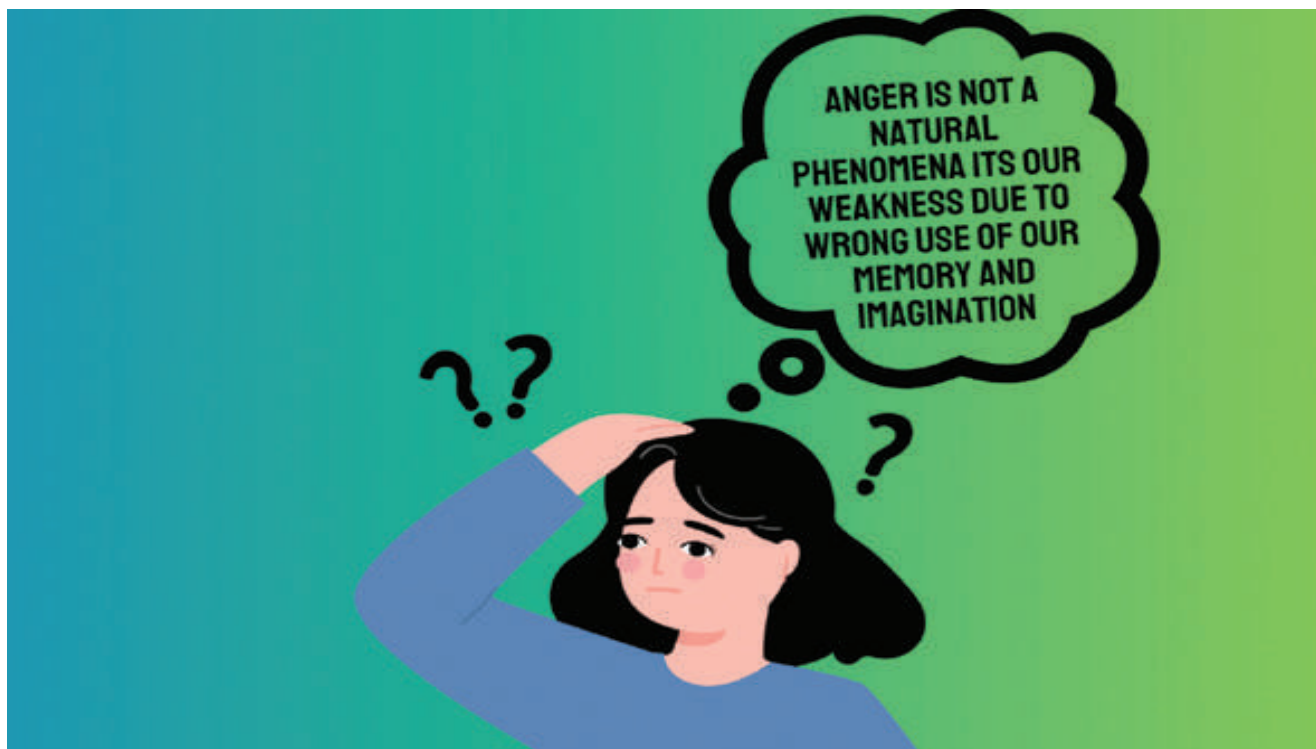
That anger, though, created tension in my body, my interactions, my relationships. And soon enough, the cycle came full circle:

***“What have I said? What if they dislike me now?”***

Round and round it went, fear fuelling anger, anger breeding more fear. My energy body held it all: the tight chest of fear, the clenched jaw of anger. I was living on autopilot, reacting from patterns I did not even know existed.

### Where Emotions Get Stuck: The Anatomy of Energy Blocks

The more I paid attention, the more I saw that emotions had addresses in the body. Fear sat in my throat and upper chest, a constriction that made it hard to speak or breathe. Anger lived in my solar plexus and jaw, heat and tension ready to burst. Shame was different. It dropped heavy into my lower belly, pulling me inward, making me want to disappear.



These sensations were energy blocks, places where emotional energy got stuck instead of flowing freely. Think of your energy body like a river. When the water moves, everything stays vibrant. But when debris clogs the flow, the current stagnates, pressure builds, and vitality fades.

These blocks form for good reasons. Maybe you learned early on that anger was not safe, so you swallowed it. Maybe you froze in an overwhelming moment. Maybe your culture or family taught you which emotions were “acceptable” and which to hide. The truth is: these blocks are not bad. They were survival strategies once. The challenge is that they outlive their purpose, and we end up carrying tension, fear, and unprocessed energy long after the moment has passed.

### The Complete Emotional Transformation Practice

Real change began for me not when I tried to fix my emotions, but when I learned to be present with them in my body, without judgment.

Over time, I integrated what I had learned about anger and fear into a simple, embodied six-step practice that transformed the way I related to both.

#### Step 1: Pause and Locate

The next time anger or fear begins to rise, pause. Do not analyse or justify it, just stop and ask yourself:

***“Where do I feel this in my body right now?”***

Slowly scan from head to toe. Notice:

- Is there tightness or pressure anywhere?
- Heat or cold?
- Is your breath shallow or held?
- Are your shoulders tense, jaw clenched, stomach knotted?

You are not trying to change anything, only to notice. This simple act of locating the emotion shifts you from being the emotion to observing it. The moment you witness it; you are no longer lost in it.

#### Step 2: Welcome and Breathe into the Sensation

This next step feels counterintuitive but it is powerful. When anger or fear arises, instead of resisting, welcome it. You might even say softly:

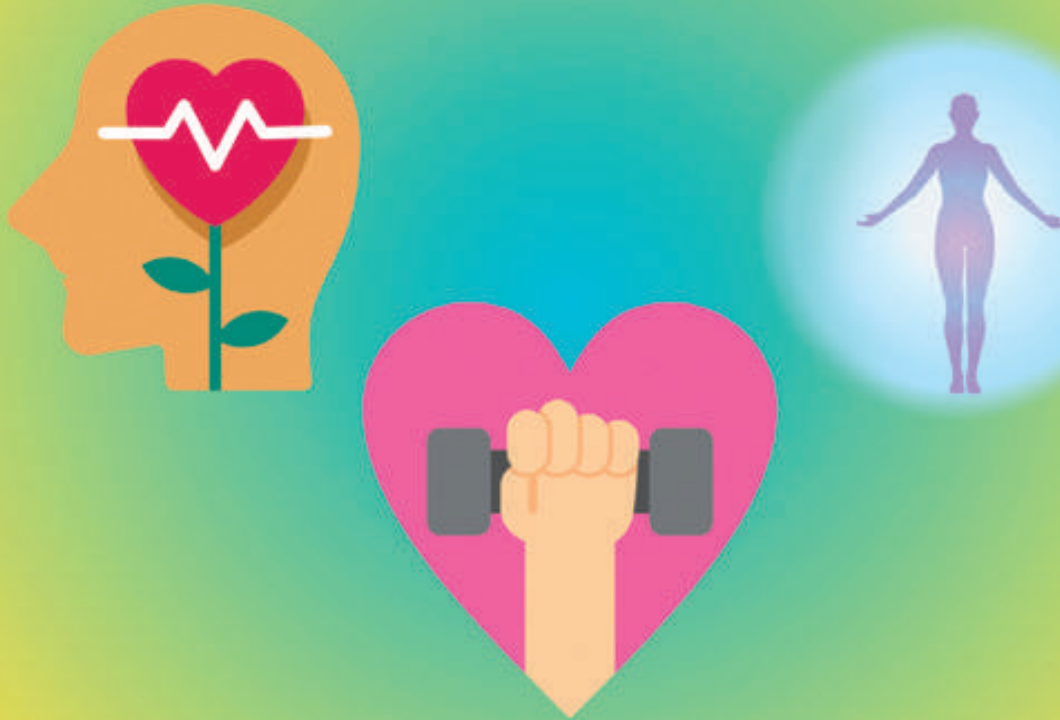
***“I see you, anger.”***

***“I see you, fear. Thank you for trying to keep me safe.”***

It may feel awkward at first, but this is how you retrain your system to stop treating emotions as threats. Once you have located the feeling, breathe directly into that space.

If anger sits tight in your chest, imagine your breath flowing into that area, gently creating space around the tension.

## Integrating Mind, Body, and Spirit



You are not trying to push it away. You are saying to your body: ***"I can be with this. It is okay to feel this. I am safe."***

### Step 3: Let the Energy Move

Emotions are energy, they want to move through you. If you have privacy, let your body express that movement safely:

- Go for a brisk walk or run.
- Scream or yell into a pillow.
- Punch a cushion.
- Dance it out.
- Free-write everything you feel without censoring.

You are not venting, you are completing the emotion's natural movement so it does not get trapped or leak out later as sarcasm, withdrawal, or resentment.

### Step 4: Expand Around It

Now, instead of shrinking from the emotion, expand beyond it.

Breathe deeply and imagine the space around the sensation widening. The emotion is still there but it is no longer consuming you.

You begin to feel: ***"I am larger than my fear. I am wider than my anger."***

### Step 5: Ask What It Needs

When the intensity softens, ask gently:

***"What are you trying to tell me?"***

***"What do you need right now?"***

***"What boundary needs to be set or honoured?"***

Don not force an answer, simply hold the question. Sometimes clarity comes instantly; other times it emerges later.

Anger often points to where a boundary has been crossed. Fear reveals what needs reassurance or protection. Both carry wisdom, if we pause to listen.

### Step 6: Take One Small Action

Before the emotion fully fades, take a small, aligned action.

If fear is blocking you from a task, write one line or make one call.

If anger is signalling change, take a step toward it, send the email, speak the truth, set the boundary.

The action does not have to be big, it just needs to happen while you still feel the emotion. This teaches your nervous system something revolutionary:

***"I can feel anger or fear and still move forward."***

Over time, this practice reshaped my entire inner landscape. Before big meetings, difficult conversations, or moments of self-doubt, I would run through these steps.

Gradually, the sensations I once labelled as anxiety or rage began to feel like energy: alive, charged, purposeful.



They did not disappear; they transformed. What once felt like danger now feels like power in motion.

### The Alchemy of Transformation: From Reaction to Response

What this entire journey has taught me is that transformation is not about becoming someone who never feels anger or fear. It is about changing our relationship with these emotions, shifting from unconscious reaction to conscious response.

A reaction is automatic, rooted in conditioning, old wounds, and learned defense patterns. A response, on the other hand, is chosen. It arises from presence, awareness, and alignment with who you are becoming. The energy body is where this alchemy unfolds. When you can feel an emotion in your body, locate it, breathe with it, and listen to what it is trying to tell you, all before you act, you create a pause. And in that pause lies your freedom.

### The Ripple Effect: What Changes When You Change

I did not expect it, but as my relationship with emotions transformed, so did every other area of my life.

My relationships deepened, I could sit with others' feelings without needing to fix or flee.

My work improved, less energy leaked into reactivity and self-doubt.

Even my health shifted, years of chronic tension began to ease.

But the most profound change was internal. I began to trust myself. When you know you can face whatever emotion arises, understand it, and respond consciously, something solid and quiet awakens inside you.

This is not arrogance or invulnerability, it is a calm confidence that whispers,

***"Whatever comes, I can be with it."***

That is true calm, not the absence of storms, but the capacity to stand steady within them.

That is true courage, not the absence of fear, but the willingness to feel it fully and move forward anyway.

### A Journey of Gratitude and Grace

Looking back at my fourteen years in the corporate world, I see now that every moment of anger, fear, and rejection was a teacher, each one preparing me for deeper understanding.

About a decade ago, I discovered Pranic Healing, and through the luminous teachings of Master Choa Kok Sui, I began to see energy in an entirely new way. His

system offered a clear, practical understanding of how energy moves, gets blocked, and can be cleansed and balanced.

**It was not abstract, it was testable, experiential, and real.** It gave me permission to trust my own sensations, validating what I had long intuited: that the energy body is not metaphorical, it is measurable, workable, and profoundly transformative.

As I practiced, healing myself layer by layer, something beautiful unfolded. I began sharing these tools with others; colleagues under pressure, friends battling anxiety, family members longing for peace. Watching their transformations filled me with a joy deeper than any professional success.

**That joy became purpose.** It shaped my path into becoming a Life & Perspective Coach, integrating energy principles into daily living; helping people navigate their emotions, understand their patterns, and rediscover their own inner wisdom.

I remain deeply grateful to Master Choa Kok Sui, who built a bridge between ancient esoteric wisdom and practical modern life, and to you, for walking this path with me through these words.

**Your Invitation.** Your emotions are not obstacles to fix or suppress. They are intelligent messengers or guides leading you back to yourself.

Start now. Pause for a moment.

Check in with your energy body.

What are you feeling and where do you feel it?

That simple act of noticing is the seed of transformation.

Nurture it with consistency and compassion, and watch what grows not instantly, but genuinely and deeply.

You already hold within you everything you seek; calm, courage, clarity.

These practices simply help you remember.

The journey continues, moment by moment, one conscious choice at a time.

And that, truly, is what it means to be alive.

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