Aggression

How the wisdom coding system works

WISDOM CLASSIFICATION SYSTEM

Type of wisdom (purple box)
E = Evolutionary wisdom
R = Revealed wisdom
H = Hybrid wisdom (evolutionary + revealed mix)

Target audience (green box)
P = Personal
G = Group (non-personal)

Type of content (yellow box)
C = Curated content (paraphrased, re-written, enhanced, translated, etc.)
O = Original unedited content from external source (direct excerpts, complete content, etc.)
M = Mix of both curated and original content.

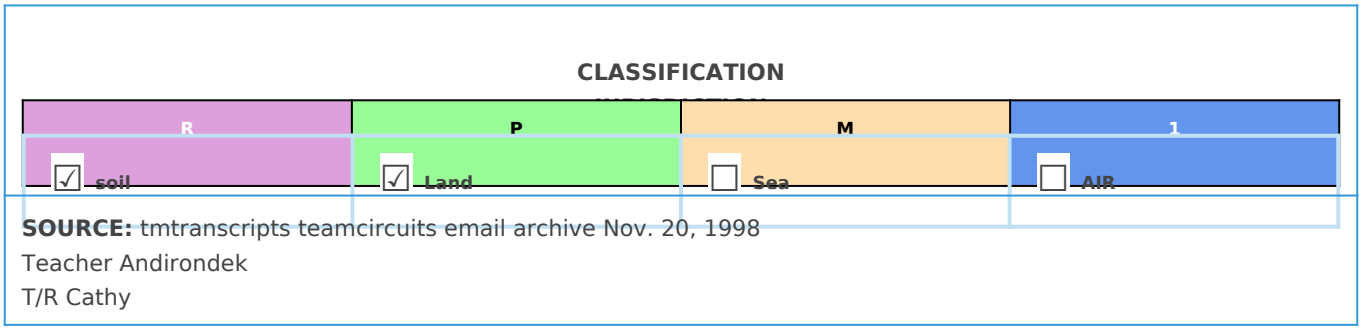
Reliability factor of content (blue box)
1 = High
2 = Average
3 = Low
X = Cannot be determined.

APPLICABLE JURISDICTION(S)
[ ] soil [ ] Land [ ] Sea [ ] AIR

- Check boxes indicate to which planetary jurisdiction the contents of the page is applicable.
- Can apply to one or more jurisdictions simultaneously.
- All the applicable jurisdictions will have a check mark.
- For additional information about the scope of these jurisdictions please refer to this chart.
- For additional information about the properties of these jurisdictions please refer to this chart.

SOURCE: This row is used for recording useful information about the source of the wisdom entry.

Aggression is self-doubt projected outward



SOURCE: tmtranscripts teamcircuits email archive Nov. 20, 1998
Teacher Andirondek
T/R Cathy

Aggression or aggressive tendencies are, in some respects, the antithesis of fear, for fear is nothing more than self-doubt projected inward. Aggression is self-doubt projected outward. The cure, if you will, for self-doubt is an enhanced realization of how much you are loved. For if you can crack open your heart even slightly to accept the love which is flooding this planet, then the self-doubt which lives in the dark recesses of your heart has fewer places to hide.

An exercise for this week, which is completely voluntary on your parts, of course, is whenever you are in a tense situation where that clutching feeling occurs in your chest and you think of nothing but the potentially disastrous outcomes of the situation, I ask you to stop, take a deep breath, and with that breath imagine your heart stretching and opening, just a crack, to allow the light and the love to flood in, the knowledge that you ARE a child of God, and that as a child of God you are loved regardless of the outcome of that situation. An adverse reaction in another person in no way diminishes the beauty you hold in the eyes of God.

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