

Book of Enlightening Laughters

Collection of Stories & Anecdotes From the Talks of Swami Dayananda Saraswati.
(Sri Swami Dayanandaji's lectures)

(004) A BRAHMACHARI'S ANGER

I would like to narrate an experience from my own life that made me acutely aware of my problem with anger. As a brahmachari, I had resolved to deal with my anger. I thought I had succeeded. I did not get angry for three years and I concluded that I was rid of my anger. Although no one else knew, I was quietly elated about this achievement.

Once, I took a group of a hundred children from Bangalore to a children's festival in Chennai. I had written to the person responsible for travel arrangements in Chennai to make suitable arrangements for our return trip by train. The children were travelling without their parents and I was responsible for their safe return. The person I had written to a month in advance was a railway official and it was easy for him to make the arrangements I had requested. I had asked him to reserve one compartment for all the children so that I could look after them. When I reached Chennai I contacted him and enquired about the ticket arrangements. He replied, "Yes, it has been done." I asked him once more after a couple of days about the reservations. He said, "It is all taken care of." I was relieved to hear this and did not question him anymore. The day we were to leave, I reached the train station with all the hundred kids. The man was there but no reserved compartment. With total nonchalance, he said, "Ten children will go here, ten children will go there, and so on." "But who will go with them?" I shouted! With a wise man's smile he said, "You are a brahmachari, you are not supposed to get angry." This was the last straw! All hell broke loose. The floodgates of my anger which were closed for three years burst open.

That was my last anger. One thing my final outburst accomplished was to make me wiser. At that time I was struggling to learn and I was honest with myself. I faced up to my lack of mastery over my anger. I knew I had to find a better way to manage my anger. My acceptance of my powerlessness over anger had taken me more than half way towards my goal.