

# The Story of The Beautiful Vase

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## **Purpose of the Story of the Beautiful Vase**

The Story of the Beautiful Vase was created as a resource to use in raising awareness of the absolute worth, undeniable dignity, and inner beauty of each person and the relationship of that universal truth to anger. This story and its related exercise open a path to Making Anger Your Friend rather than letting misunderstood and unregulated anger lead you to (1) destructive thoughts and behaviors from verbal demeaning, to physically harming, to murdering the other or (2) destructive thoughts and behaviors from demeaning yourself, to physically harming yourself, or to suicide.

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### **Further Studies and Training**

The Story of the Beautiful Vase is often used in conjunction with the Life Transforming Habits Workbook's skill, **TRADING**: Transforming Reactive (unregulated) Anger and Depressed (thwarted) Anger into Insight into self, Nerve-to-be true to self (your Core Values) and Generosity toward others (and their Core Values).

### **The Genius of How to Make Anger Your Friend\***

*LTH's character-building, leadership program makes you aware that anger is your friend and a powerful ally when it is regulated. The genius of the program is that it teaches you how to make "anger" your friend. It describes a path of release rather than a way of guilt or a road of denial. You learn to stay in touch with the energy of the mind so as to be able to build a present and not make a partial retreat into the past or a withdrawal into the imagination. No program equips you better to live the emotional processes than this one.*

### **Even More Effective than Zen Buddhism\***

*Dr. Santana-Grace's coaching program is what we really need; we don't need any new psychologies, philosophies, or theologies. We really need something like this that works and can help us become aware and actually LIVE our beliefs, our theologies, and our philosophies. I have found this even more effective in some ways than Zen Buddhism. It puts reality in front of you right now and you can deal with it immediately.*

[\*Dr. Edward Hughes, PhD., Prof. Religious Studies, Cal. State Univ., Long Beach, CA [2007]

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Two useful resources: "Sounding Anger's Depth" and "Hidden Treasures", are attached at the end. Hidden Treasures can also be found at [www.lifetransforminghabits.com](http://www.lifetransforminghabits.com).

## The Story of the Beautiful Vase

Once upon a time in a land not so far away, there was a Beautiful Vase, the most beautiful in the entire realm. At least it was the most beautiful in the minds of all those who had ever gazed upon it.

The Beautiful Vase sat on a large, star-shaped granite pillar in the middle of a dark-reddish brown mahogany hardwood floor the size of a basketball court. There were twenty-three, large plate glass windows on three sides that let wondrous sunlight flood in through the pure blue, desert sky onto the Beautiful Vase, enhancing it already breathtaking splendor. And the pink, blue, and white quartz-embedded, nearby hills reflected their own ever-changing, dancing colors onto the vase as the sun wandered across the sky, making the Beautiful Vase even more enchanting.

Something mysterious, yet wondrously uplifting, happened to all who gazed upon the Beautiful Vase with an open heart. The vase seemed to create dazzling rainbows of hope and peaceful joy in their minds.

### **It inspired poetry.**

More often than not, people who were feeling a little down and dark inside or overwhelmed with the worries of daily life, would be mysteriously draw into the healing power emanating from the Beautiful Vase. Within a short time of beginning to gaze upon the vase, their darkness seemed to lift, a soft, radiant flow of energy would enter the beholder, and a deep calm would descend upon them, simultaneously creating those rainbow colors of future in their minds.

This went on for years until that ill-fated day when a well-dressed, middle-aged man ran into the museum. He was hyper-agitated and his

face was gloomy, with rapidly moving eyes. His inner worries were so great that they blocked him from even allowing the splendor and glory of the vase to work its powers and revive his spirit. In fact, his mind was so caught up with stewing on past hurts that he did not really see the Beautiful Vase, even though he looked straight at it. Suddenly he pulled out a hammer and, before anyone could stop him, he smashed the Beautiful Vase into bits; tiny fragments were everywhere.

### **The town was in shock.**

News spread far and wide. The Board of Directors of the museum was very upset and blamed the museum curator. The newspapers and TV spread the sad news as did the Internet.

### **Condolences poured in.**

Now in that land lived a very wise woman and an equally wise and equally aged man, who were known from their youth for their almost magical talents of restoration. They were brother and sister, twins, and both believed in the inner worth of all things and the force of that inner beauty to create goodness and virtue. They loved the Beautiful Vase with all their hearts and were very sad indeed.

Now, almost immediately after hearing the sad news, they came to the museum, offered their services to restore the Beautiful Vase, were given permission, gathered all of the fragmented pieces and got to work. They had an area closed off to the public where they could apply their skills in a quiet, meditative environment.

With great patience and driven by their awareness of the inner power of the vase's graceful beauty to inspire the poetry of life, they not only restored the vase to its original enchanting beauty but somehow,

mysteriously, but masterfully, infused a touch of their own love into the vase.

### **It seemed a miracle.**

News spread far and wide of the restoration and more people than before came to see the Beautiful Vase and hear the story of the miracle. To the locals, the vase seemed even more beautiful than before. More and more people spoke of how their lives had been changed by simply sitting quietly before the vase. And, yes, word spread that mysteriously the restored vase seemed to be even more beautiful and with greater uplifting power than before.

### **The curator was beaming with relief and joy.**

However, he was also under great pressure from the Board never to let that happen again. So he suggested that the Beautiful Vase be put under a protective glass. The Board rejected this because the Beautiful Vase had been given to the museum on the condition that it never be protected by any physical barrier, not even by glass. Nothing must hinder direct visual access. Another condition was that visitors were not allowed to touch the vase and yet to be allowed to get close enough to enjoy the details of the Beautiful Vase's stunning design.

The donor had stipulated these and other conditions because she knew that if approached with open simplicity, the vase's graceful and enchanting beauty would take root within the beholder and would inspire the vibrant poetry of life in them. She knew—as all artists and philosophers do—that when nothing is allowed to distract the beholder from the beheld, the inner life is enriched.

So that nothing would distract the eyes from the Beautiful Vase, she had also stipulated that the color of the granite base had to blend in

with the dark mahogany hardwood. She also insisted that a circle be painted on the floor at the perfect viewing distance—between five and thirteen feet distance from the outer most tip of the five-star pillar. And three feet tall, mahogany stools—padded with dark, reddish brown cloth—were to be bolted to the floor and arranged so that each person could gaze fully upon the entire vase, itself a masterpiece of inspiring form as well as unfathomable beauty.

While touching the vase was strictly forbidden, until that fateful day not even a young child had gotten closer than three feet before being swooped up by an ever-attentive parent. You see, parents had to sign an agreement that their children were at least five years old and had been trained at home to silently gaze upon a colorful flower for at least 90 seconds. There was a special room in the museum called the Beautiful Flower Room, where the children would have to prove their ability. And mysteriously, most children who were so trained began to listen and learn better at school and at home.

**Oh, how wise was that donor.**

Now, the curator installed a turnstile and a metal detector at the only entrance to the museum. And, keeping all the donor's conditions in mind, he had the turnstile made of wood and the metal detector enched in a stunning, hand-crafted, wooden trestle. Of course, the curator chose mahogany wood; he knew the donor would love that. After it was installed, the curator finally breathed a sigh of relief as he thought to himself: "No hammer is ever going to get in my museum again and no one can just run in here"

**"Our Beautiful Vase is safe."**

But within weeks, his fear of something happening drove him to put in a super sensitive, laser detector system. And to respect the donor's condition so that everyone could have a clear view of the vase, he installed the sensors in the ceiling. The curator also got permission from the board to have another line painted around the base at a distance of seven feet. That was fine with the board because the comfortable stools had always been bolted between seven-feet, seven inches and eleven feet, five inches.

However, after another month, the curator began to toss and turn in his bed as awful images of the vase being fragmented again filled his dreams. When he awoke, he wondered, "Were these premonitions of what was to come". But "no", he said to himself, "my dreams were just my anxiety painting dreadful images in my mind." And he soothed himself back to sleep.

However, one night when the images of a shattered vase came crashing into his dream, he awoke with an idea that gave him peace. He presented it to the Board of Directors. Being somewhat fearful themselves, the board approved his plan.

He had special electrical lasers placed in the floor and in the ceiling creating an invisible electric curtain. If someone got within seven feet, of the priceless vase, they would receive a gentle flow of electricity over their whole bodies that would avert them that they were getting too close. It would also warn the security to move toward that area. At five feet he had another curtain of electricity placed were a more powerful bolt of electricity would zap whoever stepped over the line and a piercing, high-pitched sound would alert everyone throughout the museum and cause the security guards to come running to the breach.

The curator sleep well for the next few weeks but then, on the twenty third day of the third month, at 17 months from the day of the first showing of the Beautiful Vase fully after being magically resorted, he had an ominous dream in which he saw the vase fragmenting into a million pieces. He awoke in a sweat and decided that this dream was a warning him to do more. Little did he know the dream was a premonition of a terrifying event that soon to happen to the Beautiful Base.

**Or, would what he did next, save the Beautiful Vase?**

In the next few days, the curator hired two teams, each composed of four specialized guards. He had them further trained to react with lightening speed should anyone ever cross the five foot mark. There were plenty of donors willing to cover the costs. Everyone wanted to protect the vase; it was invaluable to the life of the community.

The Board of Directors had no concerns as it created a flow of money and the curator had done everything before with such ability that no one had even noticed anything except a gorgeous trestle and a unique in all the world, turnstile. Moreover, no one would notice the guards as they were in plain clothes. And were it not for the warning in the pamphlet given out when one buys their ticket, one would not have noticed anything as being different. The donor was pleased with all the security arrangements, but especially with the growing list of donors, who now truly understood the importance of protecting the most beautiful things in the realm and the vase was the most beautiful of all.

Now, the guards were so well-trained that they could react and pin a person to the ground in the twinkling of an eye. Their reaction time is reported to have been about 1/3 of a second. That is faster than the time it takes to snap your fingers when they are ready to be snapped. In that tiny time frame an intruder could not even get within three feet of the Beautiful Vase once the alarm was activated and even with



a running start the intruder could not even get within one foot, eleven inches. That was truth as they had practiced daily.

**What an exceptional level of training!**

**But would it be enough to protect the Beautiful Vase on that day?**

People were pleased with the security arrangements. Even people from afar accepted the high level of security when they read about the whole story in the pamphlet. Moreover, they too would personally experience the value of the Beautiful Vase and come to strongly supported whatever was necessary to protect the Beautiful Vase for all the people fo the realm for generations to come

In the meantime, word continued to spread about the wondrous, miracle restoration and about the ancient, healing wisdom of the brother and sister and their love for the Beautiful Vase that now seemed even more beautiful than before. Groves of people began to flock to the museum to see the prodigious restoration. Many skeptical art critics could not find even one imperfection and wrote about their astonishment. Some even wrote that drawn in by the vase's captivating beauty and experiencing its healing power. Even the cynical news media, stunned by the vase's beauty, proclaimed its miraculous effect on many people and circulated various images of the Beautiful Vase throughout the land. The groves became herds of people, yet they never stampeded once they entered the museum. Instead, a calm fell upon each person. Many were moved to think poetically and live into the rainbows of a new, brighter, colorful future.

This wonderful, spring time of visitors went on for seven months until one day, a forty-three year old, shabbily dressed women passed through the mahogany turnstile. She was filled with gloom, her face

reflecting a hurricane of worry and resentment with her mind. Many before her had come with the same state of mind. Like them, she hoped that by gazing upon the vase, she too would be restored and the joy of her earlier life would return to her. But nothing happened. No poetry came into her heart.

### **She became angry.**

In fact, the beauty of the vase "out there" only created more anger "inside" her. However she decided to give it one more try in a week. The next week came and the visit happened, but she experienced no poetry in her heart. She became enraged that others spoke so highly of this vase. "Cheap old vase anyhow," she said to herself with a tone of deep rage in her thoughts. A violent urge to destroy the vase gripped her. She started to move near to topple the vase. Suddenly she stopped. [Reader, count to five and then read on].

### **She realized the guards would stop her.**

But her resentment of the Beautiful Vase grew stronger and stronger. So she plotted. She decided to get a hard, plastic hammer to get past the metal detectors. It was actually a hard rubber mallet, but it would do the job as the vase was as fragile as it was beautiful. She designed special moves to distract and outwit the guards. She practiced her sprint-roll-jump and swing the hammer move and became quite good at it. She even found a way to partially insulate herself against the electric shock.

She now felt ready to rush past the laser beams and the electric curtains and smash the vase. "I will Smash that hoax that does not inspire poetry" she told herself. Of course, due to her bitterness and boiling resentment, she was never allowed the vase to touch her heart

and mind, but that didn't matter now, as she moved closer and closer to the moment of assault.

She was sure that not even the powerful electric jolt at five feet could stop her. She believed that she could get close enough to get in one powerful whack, enough to topple the vase and the long fall to the hardwood floor would do the rest. The guards would be too slow to stop her. Moreover, she was dressed elegantly to further deceive them.

Moving swiftly with a running start, the noise piercing her ears, the electricity only slightly burning her left shoulders, she launched herself forward and was quickly across the five-foot mark, beginning her roll, with the hard rubber hammer ready to strike. The super alert guards grabbed her before she got within one foot, eleven inches; in less than 3/9<sup>th</sup> of a second she was squirming in pain on the ground with a dislocated shoulder.

As they dragged her out, one guard with swift twists broke three of her fingers to increase her pain. Almost unseen and with great skill two other guards kicked her in the ribs breaking three ribs on the right side and four on the left side of her rib cage. She was squirming in agony but they continued to pull chunks out of her hair as they hurled her out the door onto the concrete outside. They spit upon her as they waited for the police.

**The End.**

## Instructions for Unraveling the Mystery of the Beautiful Vase

When you have finished reading the story, answer the five questions on the next page.

**There are no right or wrong answers.**

Why are there no right and wrong answers? There are many reasons why there are no right or wrong answers. Here are but a few: (1) There may actually be something in the Story that you see but the author did not. (2) Just making the efforts gives you another tool to clarify your own Core Values. (3) Having done your own work, you will also have the opportunity to compare your answers to the author's intention, which he supplies after the questions are answered. (4) You will unravel a portion of yourself in unraveling the Story of the Beautiful Vase.

If you are in a trusted group, share your answers and reflections before reading the author's intentions in creating the Beautiful Vase.

**Again, there are no right or wrong answers.**

# The Story of the Beautiful Vase

1. What did you think about the ending to the story?

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2. How would you have ended the story?

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3. What would you have done to protect the Beautiful Vase from being shattered?

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4. Why do you think the story ended the way it did?

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5. What point do you think the author wanted to make?

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## **Author's Intention In Creating the Beautiful Vase**

The Story of the Beautiful Vase is a narrative about you, me, and everyone. For me, each person is a beautiful vase, a uniquely Beautiful Vase with undeniable dignity, absolute worth, and inner beauty. It is precisely because of your undeniable dignity, absolute worth, and inmost beauty that you become angry whenever you perceive that you are being demeaned in anyway whatsoever. Yes, the very perception of being demeaned triggers rightfully anger in you. When you regulate your anger, it is your friend and a powerful tool to promote your core beautiful vase values in a constructive manner, a manner that builds up the beautiful vase in the other.

However, every day we risk becoming destroyers of beautiful vases in the twinkling of an eye when we do not regulate our anger. We do this whenever we are, for example, demeaned and we attack back by demeaning the other in the hopes of fragmenting their belief that they are a beautiful vase. Believe it our not, in those moments when we do not regulate our rightful anger, we no longer are able to see the other person as beautiful vase with undeniable dignity, absolute worth and inner beauty. Instead, our unregulated anger reduces them to be an object, not human and we give ourselves permission to break hem into pieces or treat them as trash to be discarded. Verify this for yourself when you get angry but lose control and demean back. Is it not true

that when your anger is unregulated, it turns beastly and ugly and you act toward others, **just like those guards acted toward that woman.**

My own experience is that far too often I am a hammer wielding basher of beautiful vases, of other people. And interesting enough, I have experienced that if I believe the demeaning things others say to me, I find myself smashing my own beautiful vase with thoughts like: *I am not worthy, I will never get it right, I am useless, I am ugly,* and on and on... However, if I do not believe them and seek to see them as a unique Beautiful Vases, then my Beautiful Vase shines within me and guides me on a path of building the other person back up into believing that they are a beautiful vase. This truth. But verify it for your self. When you see yourself as a uniquely beautiful vase and also see that thither person equally has undeniable dignity, absolute worth and inner beauty, that you are unable to demean yourself or them in any way, even though you might initially feel the urge to do so.

**REMEMBER:** Regulated anger is not only value driven but remains value-filled, filled with the undeniable dignity, absolute worth and inner beauty of each person—yourself and the other. However, in less than a second, we can go from experiencing the power and force of anger for good and for awareness of our being beautiful vases to become beastly toward others. Beastly anger is inhuman anger; it can overwhelm us quickly if we are not trained to regulated our

anger and make it our friend. Ugly, brut anger overwhelms our rightful and noble anger and shuts our hearts and minds down; it drives and propels us to chip, break, or shatter a beautiful vase; that is, to degrade another person in word, deed or un-challenged thoughts.

**The wise and patient man and woman** who restored the shattered vase to its original beauty are those who believe in their own Hidden Treasure<sup>1</sup>, the Beautiful Vase within themselves, and within the other, within you. That is why they could restore the beautiful vase. They are the people in your life who have constantly respected you as a Beautiful Vase and helped you to see yourself as a uniquely beautiful vase. And when you really believe that you are a beautiful vase, you become a restorer of beautiful vases. This happens automatically because when you deeply believe that you are a beautify vase, you build up other people as you know that deep within them, they are beautiful and worthy of respect.

Often we do not fully realize that no one can really shatter our beautiful vase, our inner value and worth unless we let them by a lack of belief that we truly are a unique beautiful vase. If we firmly believe in the Beautiful Vase within us, the Hidden Treasure of our undeniable dignity, absolute worth and inner beauty, no one can harm us. However, if we do not fully believe that no one can take away our absolute worth,

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<sup>1</sup> The Hidden Treasure can be found at [www.lifetransforminghabits.com](http://www.lifetransforminghabits.com) click on Hidden Treasures on the home



undeniable dignity, and inner beauty, we will live in fear of being shattered into pieces.

**I call this "fragmentation fear".**

Motivated by the fear of fragmentation, we develop highly sensitive sensors so as not to allow anyone to hurt us, to shatter us, to create that terrible pain of experiencing ourselves flying apart or being crushed into tiny pieces.

So whenever anyone gets too close with nasty words or anything that seems like it is going to chip, break or shatter our beautiful vase, we will zap them back with demeaning words, or with threats that we will take away something they desire. We do this mostly to try to stop them from fragmenting us, our inner being, our beautiful vase. And if that does not work, it often happens that we will react with extreme viciousness like the guards in *The Story of the Beautiful Vase*.

However, when you believe that you truly are a beautiful vase and know the power of acting accordingly, you can protect your vase by your belief in being a beautiful Vase when others try to chip, break, or shatter it. In fact, you can so believe in this truth about yourself that, while you will feel the attack and the threats of others, your vase will remain forever beautiful and will inspire poetry in others.

And even if you do mess up and strike back, you can learn from that mistake, apologize to the other person, heal and grow and become an even more awesome beautiful vase, who does not strike back. Instead of striking back, you will have compassion for the person attacking you and, thereby, help restore—re-center—that attacker, and, at the same time, make you own restored beautiful vase, mysteriously even more beautiful and powerful.

Yes, this is truth. Verify if for yourself. Not only will your Beautiful Vase remain intact, but you shall be in a position to do all in your power to help that person re-center and believe again—or for the first time to believe—in their own undeniable dignity, absolute worth, and inner beauty. This can happen because they will experience someone whose actions and words convey exactly that message to them.

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And now that you know why I wrote the story of the Beautify Vase, you might easily understand why I created the following exercise where you can kinetically learn a way to Make Anger Your Friend so that you inner beauty, absolute worth and undeniable dignity might shine forth in all your relationships, including in your thoughts about yourself. Just follow the directions at the top of each of the following ten boxes. When done, I encourage you to do "Sounding Anger's Depth" and to read "Hidden Treasures." Afterwards, verify for yourself if they are helpful or not.

# Become Aware!

A Leader Needs To Be Aware of The Sequences Of Rightful Anger / Reactive-Beastly Anger / Thwarted-Depressed Anger revealed in The Story of the Beautiful Vase

## The Story of the Beautiful Vase

Draw and Color the Story you have just experienced.

**1. The Beautiful Vase:** *I am a beautiful vase. I have undeniable dignity, absolute worth, and inner beauty. Without wavering, I believe every word as truth about me.*

**2. The Fear of Fragmentation of the Beautiful Vase:** *For whatever reason, and perhaps for many reasons, deep in my heart I fear that someone will attempt to break my beautiful vase.*

# Become Aware!

A Leader Needs To Be Aware of The Sequences Of Rightful Anger / Reactive-Beastly Anger / Thwarted-Depressed Anger revealed in The Story of the Beautiful Vase

## The Story of the Beautiful Vase

Draw and Color the Story you have just experienced.

**3. Good/Rightful/ (Beautiful) Anger:** *I have undeniable dignity, absolute worth, and inner beauty and no one may ever demean me. You have hurt me. Stop! Even if you do not, I will not become ugly and hurt back. I have inner power.*

# Become Aware!

A Leader Needs To Be Aware of The Sequences Of Rightful Anger / Reactive-Beastly Anger / Thwarted-Depressed Anger revealed in The Story of the Beautiful Vase

## The Story of the Beautiful Vase

Draw and Color the Story you have just experienced.

**4. Ugly, Aggressive Anger = Hurt Other:** *You demeaned me so I will demean you. I will get revenge. I will stop you hurting me by hurting you. My hurting back shows I no longer really believe in my Undeniable Dignity, Absolute Worth and Inner Beauty and have lost touch with my true self.*

**5. Ugly, Weak Anger = Hurt Self:** *Those words hurt me. But you might be right about me. I should be demeaned. I definitely don't have Undeniable Dignity, Absolute Worth and Inner Beauty. I will never be worth anything. I have lost hope for a better future; it's dark inside me. I have no energy; I despair.*

# Become Aware!

A Leader Needs To Be Aware of The Sequences Of Rightful Anger / Reactive-Beastly Anger / Thwarted-Depressed Anger revealed in The Story of the Beautiful Vase

## The Story of the Beautiful Vase

Draw and Color the Story you have just experienced.

**6. Reflecting on You, the Beautiful Vase, and Remembering Your Inner Beauty:** *I begin anew. I mediate upon the truth that I have undeniable dignity, absolute worth, and inner beauty. I am a beautiful vase created to do good and inspire the poetry of life. I am renewed.*

**7. Remembering the Pain from the Fear of the Fragmentation of me, the Beautiful Vase:** *I recall the pain of being demeaned and of not believing in my awesome undeniable dignity, absolute worth, and inner beauty. I feel an ugly force and a gloomy darkness trying to destroy my beautiful vase.*

# Become Aware!

A Leader Needs To Be Aware of The Sequences Of Rightful Anger / Reactive-Beastly Anger / Thwarted-Depressed Anger revealed in The Story of the Beautiful Vase

## The Story of the Beautiful Vase

Draw and Color the Story you have just experienced.

**8. See and Feel the Other's Inner Fear, Pain, and Blindness:** *But then I remember that my inner pain and turmoil reflects their real inner life. My heart goes out to them for I know that no one can demean another unless they are blind to their own awesome undeniable dignity, absolute worth, and inner beauty and, in some way, are suffering inside.*

**9. Act in harmony with your own Undeniable Dignity, Absolute Worth and Inner Beauty toward the other:** *Recalling my own awesomeness and their pain, blindness and depression, I act according to what my heart, my awesome undeniable dignity, absolute worth, and inner beauty tells me to do to restore the other's fragmented vase.*

# Rejoice!

A Leader Needs to Experience Rejoicing in Having Transformed Reactive Anger/Depression into Insight into self, Nerve-to-live fully and Generosity toward others. It is one of the greatest leadership and human achievements possible in life.

## The Story of the Beautiful Vase

Draw and Color the Experience you have just had.

**10. Rejoice Rejoicing:** *I have transformed anger into gentleness toward the offender: I have manifest my rootedness in my undeniable dignity, absolute worth, and inner beauty, which is among the highest achievements in life. I am a beautiful vase even who inspired poetry when under attack. I have great hope for the future.*



# Additional Resources

The following is a list of additional tools that can be helpful in **Making Anger Your Friend**. Some of those tools are listed and some of them are excerpted from other LTH resources and placed herein with their source annotated.

1. **Hidden Treasures** is on page 26 herein.
2. **Sounding Anger's Depth** is on page 27 herein.
3. **Blamers Are Not Leaders** is in the LTH Workbook.
4. **The Stealth Timeout** is in the Life Transforming Habits (LTH) Workbook
5. **The Negative Effect of Unregulated Anger on Your Cognition** is in the LTH Workbook.
6. **The Ten Universal Truth Drills** is in the LTH Workbook.
7. **The Three-Minute Drill**, a process to examine your thoughts driving your anger is in the LTH Workbook.
8. **The Re-Centering Drill**, a self-centering exercise to practice away from the “daily combat zone”—that, when made into a habit transforms unregulated anger into compassion toward the one who provoked your anger—is in the LTH Workbook.
9. **The Negative Physiological Effect of Unregulated anger on Your Brain and Body** is in the LTH Workbook.
10. **The Pleasure in Revenge** is in the LTH Workbook.

# Hidden Treasures

Belief in the Intrinsic Value and Worth of Self, the Other and Others

Whoever thinks and firmly believes along the lines of the positive, mental construct framed below will acquire a degree of inner calm, leadership and team-building wisdom, and a degree of inner energy to strive toward win / win solutions. Verify it for yourself!

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## I – ME – MYSELF

I believe that I have undeniable dignity, absolute worth and inner beauty, no matter what I sometimes think or others say.

I believe that when I fail in something or mess up (and I do) that I can learn from that experience, heal and grow into my awesome self with all my incredible worth, dignity and inner beauty.

I believe that I always have good purposes in life even after I have messed up.

## THE OTHER PERSON – YOU

I likewise believe you have undeniable dignity, absolute worth and inner beauty, no matter what you sometimes think or others say.

I believe that when you fail or mess up (and we all do) that you can learn from that experience, heal and grow into your awesome self with all your incredible worth, dignity and inner beauty.

I believe that you always have good purposes in life even after you might have messed up.

## ALL PEOPLE AND ALL PEOPLES – WE

I also believe all people and all peoples have undeniable dignity, absolute worth and inner beauty, no matter what anyone sometimes thinks or says.

I believe that when anyone or any people fails or messes up (and all people and all peoples do) that they can learn from that experience, heal, and grow into their awesome self with all their incredible worth, dignity and inner beauty.

I believe that WE (all people and all peoples) always have good purposes in life even after they (WE) might have messed up.

**Step 2: Sounding Anger's Depth:** [All anger is value based.]

What angers you reveals both your particular values and universal values.

A. List three things that anger, frustrate or irritate you in general.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

B. List three things that anger, frustrate or irritate you about yourself.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

C. List three things that anger, frustrate or irritate you about people at work / school / Home.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

D. List three things that anger, frustrate or irritate you about people driving.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

E. Reflect on the above exercises—A thru D—and list the values that are most repeated.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_