

Your Spiritual Toolbox: Anger

Tools and Materials: Pendulum

Divination isn't just about seeing the future. In fact, it's most useful for seeing into ourselves. And in the case of anger, when we want to take a step back and get a handle on what we're feeling, where it comes from, and what's a reasonable thing to do about it, asking simple divinatory questions in a yes/no format is a quick way to get some clarity and figure out if your instincts are good.

Skills: Release Rituals/Spells

Release is different from banishment. It's recognizing that you're holding onto something unnecessary and letting it drift away rather than keeping something at bay. But in a lot of ways the spellwork or ritual involved is similar. One of the best release rituals is to write what you want to release – in this case anger over something – on a piece of paper and burn it.

Inner Work: The Two Chair Exercise

One way of sorting through the roots of anger is to do a meditative/reflective exercise involving two chairs. First, you sit in one chair and imagine whoever is the object of your anger sitting in the other, and you express your feelings to them. Second, you ask the questions you wish they would answer about the situation. And finally, you take their chair and reply from their point of view. Journal and reflect on each stage.