

WOMEN'S WELLNESS

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'Fire Is Ever Ire'



We know that anger can cause destructive forces within the whole body, just as uncontrolled fire can do.

Reading 361-4 says, "Anger is correct, provided it is *governed*. For it is as material things in the earth that are not governed. There is *power* even in anger. He that is angry and sinneth not, controls self. He that is angry and allows such to become the expression in the belittling of self, or the self-indulgence of self in any direction, brings to self those things that partake of the spirit of that which is the product or influence of anger itself."

Talking with friends the other day about fireplaces, I reminisced about my home here in Lafayette where my children were raised. The Lafayette home had one in the living room. This fireplace became a true centerpiece for gatherings. We all enjoyed building the fire, stoking it, and keeping it going on winter nights. We watched the flames; we talked about the colors; we fantasized about what was going on within the fireplace. Once in a while something would happen – the damper would get stuck or there would be an obstruction in the airflow in the chimney, and smoke would build up and come out into the room. The fire itself would smolder and sometimes die out unless we got the airflow going properly again. In the meantime, we would suffer from burning eyes, inability to see well in the room, coughing, irritation of our lungs, and general discomfort. In other words, the fire, contained and properly mixed with oxygen, was a joyful, healing, family experience, but when not controlled and when obstructed became an irritating and even dangerous experience.

Cayce said, "Fire is ever ire." If we take the symbol of the fire in the fireplace and apply it to ourselves, we find that in the quote 3333-1, "Remember, one without a temper is worth little, but one who controls it not is worth less," we can see the importance of the proper control of energy as it moves up the kundalini from the third chakra where anger, fear, resentment, and hate reside, and where fire is the element, on up into the fourth chakra – the love center – where

lifts up and transforms the anger into beauty and love. Fire is energy; air is energy; anger is creative energy, as is love. This energy needs to be moving so that the fire or the creative energy at the level of the adrenals can truly be an active force. If the oxygen does not mix with the fire adequately, the fire smolders and can die. In dealing with ourselves and our children, if we keep telling ourselves we must not get angry, we can make that creative energy smolder and die, or build up and become explosive.

Fire controlled is essential to life, just as anger controlled is essential to our growth.

Many of our chronic illnesses are the result of misdirected anger or anger gone blind, which is hate. If it is misdirected or held in, ar-

thritis, high blood pressure, stomach ulcers, colitis, dermatitis, and other conditions can result. Medications can often control the symptoms, but until the proper flow of energy is reestablished, true healing does not come about.

We seem to understand anger when it explodes and causes trouble – just as when a fire gets out of control; but we have trouble understanding the smoldering anger that creates the conditions for the explosion. In our bodies anger can be held in for years before it explodes, as in an illness. If we depend completely on medications to control the symptoms, the smoldering fire continues to be a problem. However, when we, through prayer, meditation, and using the fruits of the spirit, allow this energy to flow again, then true healing can take place.

One of the fruits of the spirit, so important in removing the blocks to this energy flow, is forgiveness – forgiveness of ourselves and of others. The central part of the Lord's Prayer is, "Forgive us our debts as we forgive our debtors." It then goes on to say, "Deliver us from evil." Perhaps evil could be looked at, in this context, as illness. Another way of moving this energy is through laughter. This was scien-

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