

Why Anger is spreading - and what can truly heal it

Thoughts on the practice of compassion

Today, the world feels full of anger.

People are furious online.
Families argue.
Groups turn against each other.
Everyone feels wronged by someone.

But what we are seeing is not just anger. It is hurt that has nowhere to go.

When people feel ignored, humiliated, unsafe, or left behind for too long, pain turns into rage. Rage then looks for a target.

That is why shouting back does not work.
That is why facts do not calm people down.
That is why kindness is sometimes rejected.

Because rage is no longer an emotion, it has become identity.

When pain becomes identity, anything that threatens it feels like an attack.

Many good people try to respond with kindness.

They say: Let's be understanding. Let's be compassionate. Let's just love each other.

This is sincere — but often it fails. Not because kindness is wrong, but because 'surface kindness cannot touch deep wounds'.

*When someone is drowning in anger, gentle words can feel unreal — even insulting.
So the anger stays.*

That leads me to think of a deeper kind of compassion.

Compassion that does not argue, does not judge and does not try to fix others.
Compassion begins with inner peace and steadiness.

People who have learned to calm their own fear, anger, and reactivity carries a different presence. When they speak, they are not trying to win. When they listen, they are not preparing a comeback. When they act, they are not fueled by hatred.

This kind of presence quietly says: You don't have to fight here. People may not change immediately, but tension softens. Because safety is felt before it is understood.

I have thought a lot about our theme for World Peace Gathering 2026: "Inner Peace is the foundation for world peace".

Inner peace is so much needed NOW!

A person who cannot control their own anger will always spread it — even while trying to do good. But a person who has learned inner clarity becomes a stabilizing force.

They don't add fuel to fires.
They don't pass on bitterness.
They don't need enemies to feel whole.

This is how inner peace heals, and how healing begins, *not loudly, but steadily*.

Please practice inner peace and emanate it at our World Peace Gathering 2026!

We need your inner peace.
The world needs your inner peace.

I realize that it is I who need to practice inner peace more than anyone else...



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