

The Revolutionary Love Learning Hub

“Why must we process our rage in safe containers?”

Rage Transcript

Recording by Valarie Kaur, 2021

To rage is to express our body's most fiery energy. It is to tap into our body's power to protect ourselves and others. The solution is not to suppress our rage or to let our rage explode. No, the solution is to process our rage in safe containers. When we release our rage in safe containers, we can be in relationship with it. We can ask ourselves what information does our rage carry? We can then harness that energy for the work that we do in the world. I call that harnessed energy *divine rage*. The aim of divine rage is not vengeance. The aim of divine rage is to reorder the world. That is how we can harness rage as an act of revolutionary love.