

Expression, Suppression and Transformation III

Any thought, emotion that arise
we either express or suppress.

Expression:

For example, If you feel anger, either you express it or suppress it.

If you express it, you provoke anger in the other also and

he will express it back to you or somebody

then it becomes a chain and it goes on spreading and

leaves a mark, there is no end to it.

And the more you express, the more you become habituated

to express the same again and again then

it will be difficult to get out of it.

In expression you are harming the other and also yourself.