



## Quotes Attributed to Buddha on Anger

1. You will not be punished for your anger, you will be punished by your anger.
2. Keeping anger in mind is like holding a hot coal with the intention of throwing it on someone else; You are the one who burns in it.
3. As soon as we become angry in a dispute, we leave the path of truth and start trying for ourselves.
4. You are the first victim of your own anger.
5. Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else;  
you are the one who gets burned.
6. Better than a thousand hollow words, is one word that brings peace.
7. Holding onto anger is like drinking poison and expecting the other person to die.
8. In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves.
9. To be angry is to let others mistakes punish yourself.
10. There is no fire like passion. No crime like hatred and No sorrow like separation.  
No sickness like hunger, and no joy like the joy of freedom.
11. Anger will never disappear so long as thoughts of resentment are cherished in the mind.  
Anger will disappear just as soon as thoughts of resentment are forgotten.
12. When it is impossible for anger to arise within you, you find no outside enemies anywhere.
13. An outside enemy exists only if there is anger inside.