



(R)evolution Psychotherapy

Sacred Rage: A Simple Guide

Sacred Rage is the idea that our anger is not something to be feared or suppressed, but a powerful, meaningful force that can guide healing, boundaries, and justice. Both Ruth King and Dr. Jennifer Mullan emphasize that rage, when understood and honored, can become a sacred messenger rather than a destructive burden (King, 2007; Mullan, 2023).

Instead of seeing rage as “bad” or “out of control,” Sacred Rage reframes it as a natural response to harm, oppression, or boundary violations. It is energy that can be transformed into clarity, resilience, and action.

Ruth King’s Perspective

Ruth King, author of *Healing Rage: Women Making Inner Peace Possible*, describes rage as often hidden beneath layers of silence, shame, or disguises. She teaches that rage is a signal of unmet needs and unacknowledged pain, and that healing requires bringing it into awareness with compassion (King, 2007).

For King, Sacred Rage is about transforming the energy of anger into wisdom and empowerment. By naming and honoring rage, individuals can break cycles of self-blame and reclaim their voice. Rage becomes a teacher that points toward what matters most.

Dr. Jennifer Mullan’s Perspective

Dr. Jennifer Mullan, founder of Decolonizing Therapy, frames rage as deeply connected to systemic oppression and ancestral survival. She emphasizes that marginalized communities often carry rage born from generations of injustice. Rather than pathologizing this emotion, she calls it sacred—a boundary keeper and protector (Mullan, 2023).

Mullan encourages people to see rage as a somatic signal: a bodily response that shows when boundaries have been crossed or dignity denied. In her workshops and writings, she highlights rage as a tool for reclaiming power, resisting colonial narratives, and fostering collective healing.

Sacred Rage is not about “fixing” anger or making it disappear. It is about listening to what rage is telling you—whether it’s about a personal boundary, a cultural wound, or a need for justice. In therapy, this means creating safe space to explore rage without judgment, and to channel it into constructive, life-affirming directions.

Clients often find this approach validating because it reframes rage as a source of strength rather than shame. It centers their lived experience and cultural identity, making healing feel more authentic and empowering.

How Sacred Rage Can Help

- Reduces shame by normalizing anger as a human and ancestral response.
- Strengthens boundaries by showing where safety and respect are needed.
- Empowers action by turning emotional energy into clarity and resilience.
- Connects to community by recognizing rage as part of collective healing, not just individual struggle.

References

King, R. (2007). *Healing rage: Women making inner peace possible*. Gotham Books.

Mullan, J. (2023). *Decolonizing therapy: Sacred rage and collective healing*. Decolonizing Therapy.