The ANATOMY of HATE

I walked with a friend, discussing some of the things that was happening in my life. He observed, “You are very angry.” I admitted that I was. Then he asked, “Why are you angry?” “Why,” I shouted.
“Are you kidding me?” I said, “I just told you what they did and you know the story as well as I do!” Now I was angry at him.

Then he said, “Yes, I know very well what you told me, but the rest of the world is not angry at them. Why just you?” I asked, “OK, you are going somewhere with this. What are you getting at?”

He continued, “So you are thinking that they got together and decided to hurt you, to destroy you. All of their actions were intentionally focused on you?” I responded,” Well, no, not really. In fact, what hurts is they did not even consider me or how their actions would affect me.” He then stopped, turned to look me in the eye and said, “So their actions were not about you, it was about them. Like it or not, you were never the point.”

“So,” he continued, “Why are you angry?” I was silent. I had no answer. We walked in silence for a while then I asked, “So, what am I supposed to do with the anger? You tell me.”

Again, we stopped and he asked, “What are you afraid of?” Then no one spoke. Finally, I conjectured, “So, anger is based on fear? The old fight/flight thing. I have been pushed into a corner and now I have to run from the enemy or fight him. Their actions are their own and the consequences for them is theirs to bear. My emotions and reaction are mine and I have to deal with it, because they will not. They can’t.”

He smiled and we walked some more.

In a short time, the anger was gone. It was gone because I could no longer give it away. It was mine and now my attention was refocused to my fear. I was afraid of the circumstances and how it was affecting me, but only I could deal with my fear. No one else had my emotion.

Now I had to own my world and my emotions and stop blaming. I had to set a course, take action, own my life and its future.

LET’S HAVE A RIOT!

I look at the anger, the disorder, the hatred and the tragedy of those groups who are demonstrating and rioting and I want to take them for a walk. On this walk I shall ask them,

* Why are you angry at those people that you blame for your condition?
* What do they have to do with your not having what they have?
* How rational is it to hate people you do not know for simply being who they are?
* What are you afraid of?
* If you are afraid of failure because of their success, how does that benefit you?
* Is it rational to burn buildings, to spray paint your logos, to damage, to destroy, to loot, to…? And in so doing, how does this change your condition? How does this make your life better? How does this serve to bring significance to you?

The root of hatred is anger. The root of anger is fear. And fear is a root emotion. It is rooted in one’s own interpretation of their circumstance. No one else can take it away from you. You have to give it up, face it, take action, not against anything, but for yourself and your future. Significance cannot be provided by someone else; you have to create it. Destroying others does not destroy them, it only reveals the evil in yourself. Your life cannot be created by destroying other. It is a blank page for you to paint your own picture, your own destiny, your own significance. The future is yours to create. Life is too precious to live in fear, to spend in anger, to waste in destruction.

In the end, we all face the dragons of hell and the temptation to fight with straw men. In the end, life is ours to live and it is best lived without blaming others for our situation but in building life as we want it to be.

Let’s stop having the riots and start creating life.