

Hate

"I hate her and will never speak to her as long as she lives" were the words coming over the radio news broadcast in my car. Wow, how awful, I thought.

There is a reality show and the person speaking had been voted off the island and was mad. I did not see the show and am not aware of the details that lead up to the conversation of hate.

This person not only hated one person in particular but went on to talk about the others involved whom she did not like.

Driving, I could not get this poor woman out of my mind. Sure, she was hurt and she felt slighted and rejected by being voted off the island. I am sure that none of us would want to be the one voted off. However, all knew that all but one would be voted off.

Too often the response is to blame someone else. If we don't blame someone else that means we are responsible. Of course, we know we are right and they are wrong.

While I can certainly recount many situations where I was not wrong and the other person was guilty, there is a school of thought that we bring into our lives whatever happens to us. Some think that is wrong, some think it is correct, and some, have a problem getting our heads around the concept in certain situations.

If you look deep enough, you will find your participation in what happened. Don't hide it, but allow yourself to feel it and see it. It will assist you in letting go of the negative emotions.

Regardless of fault, or degree of fault, hating someone, holding grudges, and ill feelings is not good. Most importantly, it is not good for the person holding those emotions. The woman on the radio is so charged that she is hurting her body as well as her mind.

It is a proven medical fact that negative emotions hurt us physically and effect our body, our blood flow, and our health. Tension and negativity hurt us far more than the person that we feel hurt us. The

real hurt is what we do to ourselves, and our bodies, with our emotions and feelings.

OK, if we assume others are wrong, can we let it go? Don't they have to live with what they did? If they were wrong won't, deep down, they know it and won't it bother them? We may well never know their feelings, and they may never tell us. When you are wrong and do not admit it publicly, don't you still know you are wrong when you are alone with your thoughts? If you have those feelings might not the other person?