

What are the grounds for hatred and how can one turn hatred into love?

In this discussion, devotees shared their views with regards to hatred and ultimately, attempted to formulate a way that love can overturn feelings of hatred.

What is hatred?

Devotees expressed that the following were some of the grounds for hatred to occur:

- Misunderstanding
- Jealousy
- Difference of opinion
- Dislike
- Anger
- Intolerance
- Violence
- Envy

However others had a point of view that *hatred* can cause many to adopt the above feelings/emotions. For example, when a person tends to hate another person their intention may continuously show *anger* towards that individual or become *resistant* and *intolerant* to their actions. Hate is the foundation of a sinful attitude and many felt that hate was simply a distasteful cocktail of negative emotions.

There was a unanimous belief that hatred is an extremely strong and a hurtful word. An example was given of hunger and starvation; at times when we are hungry we say we are 'starving'. But starvation has such different meaning. In the same way we can *dislike* an action, characteristic or a character but to *hate* means something so much more. Some devotees believed that hate could also be explained as a response in its own right and not just an emotion. It was also expressed that a person may dislike another's actions but not particular individual itself.

Hate was expressed as being at the height of extreme dislike. On this same scale however, right at the opposite end sits love. This may be the reason why people believe hate and love are so closely related.

But what do we do when we hate? How is it controlled?

The example was given of the extending line:

To make an existing line look short, _____
Simply draw a longer line next to it: _____

In the same way, when we come up against the negative line of hate sometimes the best thing to do is to make oneself stand taller with a longer positive line (namely of tolerance, patience, understanding etc).

If however we find ourselves being the ones who are *hating*, then maybe try walking away? Try seeing the other side? We must strive to improve ourselves rather than bring ourselves down to the small line of negativity. This is why the congregations are of such an importance. They remind us of positive actions, reactions and responses. They remind us that the only way to combat hatred in ourselves and others is by prayer and remembrance of God.

But what about those who have only ever grown up in hate filled environments? Those who have never heard the positive words from a congregation? The devotees concluded that one can only pray to solve that issue of concern.

It was also expressed that hatred needs to exist in order for one to realise the essence of love. Hatred can be turned into love by seeking the blessings of God. A devotee gave an example, that a qualification can be obtained. However one must concentrate and work hard in order to obtain that qualification, in the same way hatred can be converted into love; however one must make an effort and put their full potential in order to defeat and rise above hatred. Once hatred has been destroyed, within the individuals mind, only then love and peace can be obtained.