

Embracing Love and Forgiveness

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Anger, dislike, and hatred can be real and irrational. Hatred impacts MORE on the one who hates rather than the person or object being hated. Overcoming hatred is difficult because hatred reinforces itself as it feels that the individual is powerful, there is a negative emotional charge that gives this deception of power and strength. It may appear that one is helpless, that others are the reason, and are making you feel this anger/hatred. As Martin Luther King Jr. said, the most powerful tool one can use to combat hatred is love, as he said: "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate: only love can do that." Wait a minute, now you are telling yourself, 'are you asking me to love the person I hate? That defeats the purpose of hating.' Yes, indeed! God and all religious beliefs ask us to love our enemy, Jesus has asked us to love our enemy as well; once we begin this practice we will no longer have wars. Deciding to love what you hate, whether this is a person, situation, or a part of yourself, can be transformative. This is a powerful force to help us to get out of our boxes of confinement, and ask ourselves not to hold ourselves hostage to our negative emotions.

It is normal that you may feel anger, dislike, bitterness, resistance, or resentment when you try to love what you hate. This is a practice. It is not a one time event, or a one time effort. You may have to do this over and over until it becomes a knee jerk reaction. This transformative practice of loving what you hate shifts your emotions from hatred to love, therefore, making less and less room for hatred, less need for those negative feelings, as one therapist called it ANT (automatic negative thoughts). Transform your ANTs into PILs (positive intentional love).

I understand that it is difficult to be non-judgmental. By transforming your negatively charged thoughts into PILs, you are also helping the universe, Gaia. If you don't care about that now, care for yourself, as you would feel emotionally freer and lighter. Anger and hatred are extremely negative and weigh heavily on all of us. When you are free, you will disrobe from all revenge and all negativity, therefore become a healthy person. In addition, when you are feeling so free you begin helping others to achieve this nirvana. When you respond with love to people radiating hatred transmutes their negative energy. You not only empower yourself by not letting their negativity enter your personal space, you are in fact helping them transform their ANTs into PILs. In this way, not only you are rising above the negativity and hatred you are being a role model to others by helping them rise above their feelings and meet you in positive land of paradise.

Gandhi once said, "Be the change you want to see in the world." Loving what you hate sends a positive transformative energy that vibrates throughout the universe. Instead of reinforcing hatred, you become an advocate for love. As Henry Longfellow has said "If we could see the secret history of our enemies, we would find there enough suffering to disarm all hostility." Gandhi also said: "When I despair, I remember that through history the way of truth and love has always won. There have been tyrants and murderers and for a time they seem invincible, but in the end, they always fall - think of it - always.

When we are so occupied judging people, we don't have time to love them (Mother Teresa). Remember what Einstein said "there is not mistake so painful that love cannot forgive. No past so bitter that love cannot accept; and no love so little that we cannot start all over with."

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