

# LOVE REVOLUTION

**“ANOTHER WAY THAT YOU LOVE YOUR ENEMY IS THIS: WHEN THE OPPORTUNITY PRESENTS ITSELF FOR YOU TO DEFEAT YOUR ENEMY, THAT IS THE TIME WHICH YOU MUST NOT DO IT. THERE WILL COME A TIME, IN MANY INSTANCES, WHEN THE PERSON WHO HATES YOU MOST, THE PERSON WHO HAS MISUSED YOU MOST, THE PERSON WHO HAS GOS-SIPED ABOUT YOU MOST, THE PERSON WHO HAS SPREAD FALSE RUMORS ABOUT YOU MOST, THERE WILL COME A TIME WHEN YOU WILL HAVE AN OPPORTUNITY TO DEFEAT THAT PERSON. IT MIGHT BE IN TERMS OF A RECOMMENDATION FOR A JOB; IT MIGHT BE IN TERMS OF HELPING THAT PER-SON TO MAKE SOME MOVE IN LIFE. THAT’S THE TIME YOU MUST DO IT. THAT IS THE MEANING OF LOVE. IN THE FINAL ANALYSIS, LOVE IS NOT THIS SENTIMENTAL SOMETHING THAT WE TALK ABOUT. IT’S NOT MERELY AN EMOTIONAL SOMETHING. LOVE IS CREATIVE, UNDERSTANDING GOOD-WILL FOR ALL MEN. IT IS THE REFUSAL TO DEFEAT ANY IN-DIVIDUAL. WHEN YOU RISE TO THE LEVEL OF LOVE, OF ITS GREAT BEAUTY AND POWER, YOU SEEK ONLY TO DEFEAT EVIL SYSTEMS. INDIVIDUALS WHO HAPPEN TO BE CAUGHT UP IN THAT SYSTEM, YOU LOVE, BUT YOU SEEK TO DEFEAT THE SYSTEM.”**

**MILK**

# no boundaries

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**IT IS CLEAR THAT WE ARE JUST AN ADVANCED BREED OF PRIMATES ON A MINOR PLANET ORBITING AROUND A VERY AVERAGE STAR, IN THE OUTER SUBURB OF ONE AMONG A HUNDRED BILLION GALAXIES. BUT, EVER SINCE THE DAWN OF CIVILISATION PEOPLE HAVE CRAVED FOR AN UNDERSTANDING OF THE UNDERLYING ORDER OF THE WORLD. THERE OUGHT TO BE SOMETHING VERY SPECIAL ABOUT THE BOUNDARY CONDITIONS OF THE UNIVERSE. AND WHAT CAN BE MORE SPECIAL THAN THAT THERE IS NO BOUNDARY? AND THERE SHOULD BE NO BOUNDARY TO HUMAN ENDEAVOUR. WE ARE ALL DIFFERENT. HOWEVER BAD LIFE MAY SEEM, THERE IS ALWAYS SOMETHING YOU CAN DO, AND SUCCEED AT.**

**WHILE THERE IS LIFE,  
THERE IS HOPE.**

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— STEPHEN HAWKING

## Forgiveness

"I don't know if I continue, even today, always liking myself. But what I learned to do many years ago was to forgive myself. It is very important for every human being to forgive herself or himself because if you live, you will make mistakes- it is **inevitable**. But once you do and you see the mistake, then you forgive yourself and say, *'Well, if I'd known better I'd have done better,*' that's all. So you say to people who you think you may have injured, ***'I'm sorry,'*** and then you say to yourself, *'I'm sorry.'* If we all hold on to the mistake, we can't see our own glory in the mirror because we have the mistake between our faces and the mirror; we can't see what we're capable of being. You can ask **forgiveness** of others, but in the end the real forgiveness is in one's own self."

Maya Angelou

# The Weight of Growth

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Some periods of our growth are so confusing that we don't even recognize that growth is happening. We may feel hostile or angry or weepy and hysterical, or we may feel depressed. It would never occur to us, unless we stumbled on a book or a person who explained to us, that we were in fact in the process of change, of actually becoming larger, spiritually, than we were before. Whenever we grow, we tend to feel it, as a young seed must feel the weight and inertia of the earth as it seeks to break out of its shell on its way to becoming a plant.

Often the feeling is anything but pleasant. But what is most unpleasant is the not knowing what is happening. Those long periods when something inside ourselves seems to be waiting, holding its breath, unsure about what the next step should be, eventually become the periods we wait for, for it is in those periods that we realize that we are being prepared for the next phase of our life and that, in all probability, a new level of the personality is about to be revealed.

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Alice Walker

**Humanity** *"I always knew that deep down in every human heart, there is mercy and generosity. No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite. Even in the grimmest times in prison, when my comrades and I were pushed to our limits, I would see a glimmer of humanity in one of the guards, perhaps just for a second, but it was enough to reassure me and keep me going. Man's goodness is a flame that can be hidden but never extinguished."* **Nelson Mandela**