


# Intolerance

Tolerance - Accepting something that you don't like.

which means there are things that you like. → you identify with it. you like you. you like everything that reminds you of you. When you make a list of things that you like or dislike, you are essentially defining who you are and who you are NOT.

Like and dislikes have a spectrum   
you don't tolerate something you like.

when you dislike someone, you experience hate, anger, frustrations, annoyance etc.

But there is a period when you dislike someone but don't show above emotions. That period is tolerance. (stoicism)

You have a system in your brain that you define as us (apna) and everything else is Them (otherism)

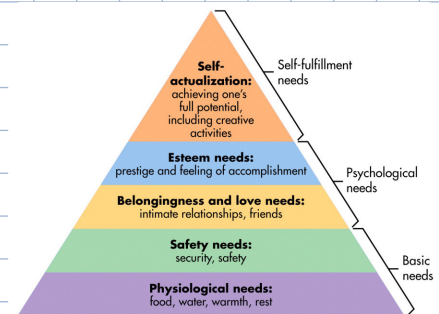
otherism starts from birth. Infants identifying their mother. The concept of MY starts to seep in. Everyone is a human being but some human beings are special.

Evolutionary instinct of a hunter gatherer forming a community to survive. My tribe and your tribe should work together, then we will be much stronger. Concept of arrange marriage.

Sports is much more enjoyable than art because it's us vs them.

The immune system does this really well in terms of identifying the cells.

The immune system cannot afford to have a spectrum for liking and disliking. It has to act immediately. Quick and decisive.



Immune tolerance - mother cells not killing the foreign baby cells developing inside the womb.

while eating, you put a foreign object and immune cells are tolerant to it evolutionarily.