

Hate is a very strong word. So it feels a little awkward to say that I hate a particular person. But there are certain types of people who are easy to hate. For me, such people include hypocrites, people who abuse women and children, people who gossip and backbite, and people who are greedy.

I also hate most politicians. One finds hypocrites everywhere who preach one thing and practice another. They will lecture you about morals and good behaviour but on the sly, they will do the very things they inveigh against. Then there are the people who abuse women and children, the most vulnerable sections of society. Husbands drink and abuse their wives. Sometimes they kill them for dowry. Fathers abuse their minor daughters. Teachers abuse their innocent students. Employers abuse female employees. Mothers-in-law abuse their daughters-in-law. It is very difficult not to hate such people. They inspire contempt and rage in me. People who gossip and backbite are despicable. Such people are generally good for nothing and so they try to bring others down to their level. You can find them in many offices and neighbourhoods.

But the problem with hate is that if you nurture it in your heart, you will find yourself becoming angry and bitter. So hate if you wish but try to exorcise it from your system through a painting or a poem. There is nothing like art to neutralize hate. It can even transform it into a thing of beauty.