

Hate is feeling where one doesn't want someone or something to involve with them. It is negative feeling. More hate inside a heart can make heart heavy and the person aggressive. Hate in to be avoided but something or someone exist who deserve hate from one person. For me hating someone is very difficult cause it burdens my heart and my own sleep are disturbed. Hate is generally derived from anger or sometimes because of wrong expectation from wrong person. Sometime hate is derived not because of any reason but because of the wrong vibes you feel in an environment Even though hate is negative feeling, it is necessary in some condition where you have to avoid some negativity from you. For your good mental health, you should hate and avoid something but should not let yourself disturb by those feelings. Another way to hate something and not burden your heart is either forgive or ignore those negative things which enforce you to hate something or someone. One example of hate is the criminals of Nepal who are not being punished. They are being hated due to their wrong activity and their mind set. This kind of hate we cannot avoid and it is necessary to have this anger in order to punish the guilty.