

## Hate

Hate is the feeling of betrayal, jealousy, anger that affect yourself more.

This feeling not only disturbs our mind, but also our heart. The feeling of love starts decreasing. Mind will start working accordingly with the feeling of hate.

It harms peaceful soul and creates disaster. Hate is like stagnant water; anger that you denied yourself the freedom to feel, the freedom to flow; water that you gathered in one place and left to forget. Stagnant water becomes dirty, stinky, disease-ridden, poisonous, deadly; that is your hate. On flowing water travels little paper boats; paper boats of forgiveness.