Discard hatred

Dṛṣṭipūtam nyasētpādaṃ Vastrapūtam jalaṃ pibēt
Satyapūtaṃ vadēdvācaṃ Manaḥ pūtam samācarēt

Meaning: Observe your surroundings thoroughly before placing your foot (look before you leap). Filter every drop of water before sipping. Filter your speech and utter only truthful words. Translate into action only those thoughts which have been filtered by the mind.

Let us briefly understand how feelings of aversion dupe us. Hatred/abhorrence is the most-dreaded of all evil habits and has the ability to totally ruin the person. Although we would love to overcome such feelings, it is not as easy as it seems. Even our best efforts in destroying feelings of aversion from within us turn totally futile. Such is its power that one needs to seek recourse in the Supreme Lord to help eliminate them! It causes irrevocable damage. The intensity of its influence is beyond estimation.

Any intelligent person who is aware that he harbours aversion against another must exercise caution. When engaging in conversation with the person he loathes, he must necessarily introspect his inner thoughts and feelings. After judiciously segregating the right from wrong, he must carefully utter the appropriate right words. Thereafter he must leave the burden upon God. These should be the steps taken to counter aversion.

It is but normal to find faults in every action and every aspect of the person whom we abhor. His every action is perceived with a critical eye. Every word uttered by him is interpreted wrongly. We search for ways to condemn him. It goes to that extent wherein even the mention of his name has our blood boiling. Furthermore, feelings such as resentment, anger, envy surge in us further strengthening the feelings of hatred.

At such time, irrespective of the time and situation, we tend to lose our discriminative judgement and wisdom. We lose our ability to self-introspect. All our thoughts centre upon the person we loathe and this in turn contaminates our mind completely. Our tasks are rendered incomplete and improperly done. We distance from our goals. As days pass by, changes become explicitly visible in our actions and in our talk. Our behaviour itself transforms completely. We are thus thrust towards total self-destruction.

Demon Ravana, who harboured total aversion towards Śrirama, met a ghastly end along with his family, friends and retinue. Hostility often causes utter destruction. It causes those, who were supposed to live harmoniously under one roof, to take up swords and attack each another. Feelings of love, attachment and deep bonding that were developed steadily for many years are suddenly destroyed. The tender emotions that ruled the mind are badly hit. Mind undergoes unexplainable agony. Hostility at times appears to bestow temporary good results although in the long run it turns into a bane.

Right since his childhood Duryodhana nurtured hatred towards his cousins, the Pandavas, due to which he failed to see their inherent nobility and high-mindedness. Unable to recognize their goodness, he found fault in every deed of theirs. Filled with aversion and jealousy, he was oblivious to the greatness of his virtuous eldest cousin Dharmaraja, (the eldest Pandava) who was renowned for having no enemy in this world (ajātashatru).

Duryodhana's aversion had no end. During his lifetime, at various occasions, many eminent Maharishis (saints) arrived at his doorstep and preached righteousness. They tried to make him see light. Although externally he projected humility and understanding, he lacked the sense to absorb their teachings or translate any of their advice into action. Thus, he was solely responsible for his downfall. Ending up in a terrible battle with his cousins, he lost everything including his life. He became the cause for the end of their lineage. He acquired ill-fame.

Aversion should be nipped in the bud. With the help of elderly mediators and keeping in mind the eventual well-being of one another, both the parties must go in for a peaceful reconciliation. They must have the maturity to overlook each other's misgivings bearing in mind the ultimate goal.

Remember- None of these attempts at mutual reconciliation will bear effect where hostility and hatred have hardened. Deep-rooted hostility undoubtedly leads to ruin. Hostile feelings not only damage mental health but also impair physical health. They drive the person towards violent deeds thereby curtailing well-being and prosperity.

Pray to the Lord to help you in self-introspection and in curtailing bitterness. Pray to Him to eradicate such feelings from one and all in the society.

Enmity and hostility are demonic tendencies. Endurance and love for others are angelic tendencies. When divine qualities are cultivated, demonic tendencies are kept at bay. Auspiciousness pours in enabling them to leady happy, peaceful lives.

Śataṃ vihāya bhōktavyaṃ sahasram snāna mācaret
Laksham vihāya dātavyam koṭim tyaktvā hariṃ bhajēt

Even when burdened with 100 tasks, food must always be had at proper time. Even when engrossed in thousand tasks, one must bathe at the stipulated time. One must set aside hundred thousand jobs to engage in a charitable deed. Even ten million tasks must be set aside for meditation!

To enjoy bliss both in this world and the next, it is imperative to meditate upon the Lord! Please pray, 'O Lord, please destroy our impurities in entirety'. Your life will be rendered blessed.

May the primordial Guru Datta fulfill all your desires! May He bless you with good wisdom!