

WEEK 50 HATE

*“The boy you trained, gone he is. Consumed by Darth Vader.” -
Yoda*

Hatred is a powerful emotion and uniquely human. No other animal displays hatred. Unlike anger, which is a transitory emotion eventually burning out, hate will endure the test of time and be as potent as the day it rose. Hate is a disease that eats away at the soul and spreads far and wide covering everything in darkness.

Hatred flows in the blood. Hate is a living thing; it is passed on like a curse from one generation to the next. Wars, ethnic genocide, religious violence, terrorism, and oppression are all forms of Hate. In its purest form hate is devoid of emotion or passion. There is no anger or pride. The very emotion removes all humanity and commonality with the object of one's hatred. To Hate is to separate.

Yoda saw Hate as the final descent into the Dark Side. Hate eclipsed any flicker of hope. The door has been slammed closed to the divine nature of the Force. There is no light, only darkness. Hate is the complete absence of love. There is no chance of mutual respect, cooperation, and trust where hatred exists. Redemption is impossible.

Anakin was driven to the Dark Side through the hatred that grew within him like some insidious tumor. The fire of Mustafa ravaged his body, but hatred utterly consumed his soul.

Anakin's Grandson, Kylo Ren, suffered the same affliction. Ren's hatred was so deep that he became a psychopath. Hatred had driven Luke to almost kill his nephew Ben Solo. Believing himself entitled to Justice Kylo Ren derived sadistic pleasure and satisfaction in hunting and murdering those who had been close

to him, who had hurt him. Hatred spurned him on but as it grew deeper it consumed him.

Anakin driven to insanity and complete loss of identity with his transformation to Vader suffered deeply. Vader was tortured physically, mentally, and spiritually with every breath. The Hatred was complete and transformed itself into raw power. The Shadow Form, the Dark Side dominated him. Vader no longer hated anyone or anything other than himself and his Master. In Vader lay no festering ordinary hatred. There was only a will to dominate and control all that is within a closed fist of absolute power. All of Vader's will and intent was directed there.

Children learn to Love before they learn to Hate. Within our true self resides unbounded Love. That is why when we carry Hate we know that it is not who we are. It feels unnatural and heavy like a sickness within us. The feeling of "righteous indignation" and anger it gives us is shallow and leaves us feeling hollow and in conflict with who we truly are.

When we open our eyes to the illusion of Hate, it becomes exposed for what it is. Hate is a wall that separates us completely from our inner divine more than any emotion. Hate separates us from our true nature and from other people. Like a cancer it grows and ultimately it destroys us from the inside out. If you strike with hatred in your heart it will stay with you forever like a dark stain.

Love conquers Hate. It was an act of Love that redeemed and saved Anakin from his living hell. Love stayed Luke's hand from inflicting a fatal blow on Ben Solo. Luke invited Kylo Ren to strike him down but warned him to do so with Hate would afflict him forever. Love was the final act which finally saved Kylo Ren and brought order to the Force.

There is enough Hate in the world. Do not add to it. Conquer Hate and never give in to it.

DAY 344

“Fear leads to anger, anger leads to hate, hate leads to suffering.” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 345

“To answer power with power, the Jedi way this is not. In this war, a danger there is, of losing who we are.” - Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 346

“Oh. Great warrior. Wars not make one great..” - Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 347

*“Padawan, thousands of Jedi once there were. Then came war. In our arrogance, join the conflict swiftly we did. Fear, anger, hate. Consumed by the dark side, the Jedi were.” -
Yoda*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 348

“If you strike me down, I shall become more powerful than you can possibly imagine.” – Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 349

*“You have hate, you have anger, but you don’t use them.” –
Count Dooku*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 350

“I Hate you!” - Anakin

Today I am Grateful for:

Morning Contemplation

Evening Reflection

WEEK REVIEW

Reflect on your daily practices and personal goals for the week.
How did you do? Where can you refocus your attention?

Meditation:

Physical Exercise:

Diplomacy:

Awareness:

Self-Discipline:
