

Help Always, Hurt Never

Revenge, the desire to hurt others who have hurt us, only bears bitter fruit. It hurts those whom we have inflicted our wrath upon. And it hurts us, because no single act in the universe goes unrewarded. From that singular act, our own consciousness is wounded by the expression of our animalism.

Nations pride themselves on the swiftness of their retribution but inevitably collapse in on themselves because the seeds of discontent that they sow, hurts all of life. Rome, the greatest civilization that the world had ever known, built on the finest arts and sciences known to the ancient world, the epitome of legal and architectural order, collapsed from within, destroyed by its own impulse to use its mighty force to strike out and subdue.

Today our world is dying because of this impulse to strike out.

We are destroying each other at an alarming rate, both individually and collectively.

And even the earth itself, is collapsing at a faster rate than we can repair. Scientists now estimate that by the year 2050, we will have exhausted the earth of all its natural resources.

The science that we celebrate, the genius of our efforts, are wasted on destructive uses. Instead of using the power of the nucleus to build great civilizations we are busy using it to stockade bombs.

Billions of dollars that could be used to heal the broken places on our planet are used to send people to horrific deaths.

When we seek to hurt life, we hurt ourselves, for we are life.

Revenge it is said is a dish best served cold; but whether it is served with cold deliberation or hot reaction, it is a dish in whose very preparation we imbue a poison that will return to destroy us.

The greatest illusion is this: that we can hurt and not be hurt, that we can wound another and remain unscathed. When we inflict harm upon another, we inflict harm upon ourselves. What goes around comes around. A rudimentary study of history will prove this.

When we love, we reach out to align with life, to nurture and make others better, and in that act, we redeem ourselves from our own past follies.

This love is a precious act. It is our extension of spiritual power in the world. It is a moment of sympathy and support that we have for life. When you bend down and help a child tie its shoelaces, you are tying up all the knots of the world. When you listen in silence and understand another's intention, you are spreading the meme of empathy through all of time and space, for thoughts are cosmic waves that do not know any barriers.

As we extend love to others, it comes back to us.

Yet we cannot love others unless we love ourselves as well.

We cannot live without making mistakes of judgment and do things that we will later regret, because we are naive and do foolish things out of that naivety. But we do grow, and looking back at the harm we have invoked, we feel grief. Our act of love, then, is to forgive ourselves. Yet instead of taking this simple act, we damn ourselves repeatedly, and in this way, we still hurt life, because we are life.

When we feel the urge to strike out, we must remember how it feels to have the wound inflicted upon our own flesh, because everything returns to the author of a deed.

Help always, hurt never. Do this and your life will be a blessing to the world and you must reap the harvest from what you have sown.

Source: <http://www.articlecircle.com>

About the Author

Saleem Rana would love to share his inspiring ideas with you. Hunting everywhere for a life worth living? Discover the life of your dreams. His book,

Never Ever Give Up is offered at no cost to stimulate your success. <http://www.theempowersoul.com/enter.html>