

Pure love for Krishna is eternally established in our hearts. Because of our long contact with the physical world, our hearts have become impure. We can purify and revive our original love by mantra meditation. We can replace the hate in our hearts with love by hearing and chanting the names of God: Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare/ Hare Rama, Hare Rama, Rama Rama, Hare Hare.

In *Bhagavad-gita* (12.8) Krishna says, 'Just fix your mind upon Me, the Supreme Personality of Godhead, and engage all your intelligence in Me. Thus you will live in Me always, without a doubt.' By understanding this spiritual knowledge, we will naturally rise to a higher consciousness, or Krishna consciousness, or love for God. One who loves God will naturally love all of creation. Let us be true servants of God and learn how to let love rise above hate.



Love
above
HATE



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'No one is born hating another because of the colour of his skin, his background or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.'

Nelson Mandela

Under apartheid, South Africa discriminated between whites and non-whites. At that time, people were taught to hate those with a darker skin colour. It was a question of upbringing, conditioning, and governmental law. In today's world, major conflicts have arisen because of nations hating other nations, religions hating other religions, race groups hating other races, and people simply hating each other.

The Oxford English Dictionary defines 'hate' as an 'emotion of extreme dislike or aversion; detestation, abhorrence, hatred.' Hate can be directed against many things: individual persons, groups, attitudes, or ideas, and it tends to dispose one towards

violence. In today's world, hatred gives rise to hate speech, hate crime, and terrorism.

Love, however, is the emotion opposite to hate. Teachers in the line of *bhakti-yoga* (devotional service to God) explain that to dispel hate we have to love and freely distribute that love. But how do we love and how do we become equally disposed to all living entities?

In *Bhagavad-gita* (5.19) Lord Krishna (God) says, 'The humble sages, by virtue of true knowledge, see with equal vision a learned and gentle *brahmana* [priest], a cow, an elephant, a dog, ...'

What exactly is that equal vision?

Sri Isopanisad (6) says: 'He who sees systematically everything in relation to the Supreme Lord, who sees all living entities as His parts and parcels, and who sees the Supreme Lord within everything never hates anything or any being.' If we understand our true, spiritual nature (i.e., that we are souls, not material bodies), we will never hate anything or anyone.

Every person is a spark of the big fire that is God. We are all servants of Krishna and just as Krishna loves us, so too we should love everyone.