

ANGER AND LOVE

A sage asked his disciples, "Why do we yell in anger?"

"Why do people yell at each other when they are upset?"

The man thought for a while and replied, "Because we lose our calm and hence yell..."

"But, why to YELL when the other person is just next to you?" asked the sage... "Isn't it possible to speak to him or her with a soft voice? Why do you yell at a person when you're angry?"

The man gave some other answers but none satisfied the sage.

Finally he explained, "When two people are angry at each other, their hearts distance a lot. To cover that distance they must yell, to be able to hear each other. The angrier they are, the stronger they will have to yell to hear each other through that great distance."

Then the sage asked, "What happens when two people fall in love? They do not yell at each other but talk softly, why?"

Their hearts are very close. The distance between them is very small... The sage continued, "When they love each other even more, what happens? They do not speak, only whisper and they get even closer to each other in their love. Finally they even need not whisper, they only look at each other and that's all. That is how close two people are when they love each other."

Then the sage said, "When you argue, do not let your hearts get distant, do not say words that distance each other more, else there will come a day when the distance is so great that you will not find the path to return."

Let's reach across the lines that divide us, not with pointing fingers but with outstretched hands.