

Cameo 21: “You Do Not Realize How Much You Hate Each Other”

The situation

Two people are in a relationship in which they love each other, but also hate and fear each other. The love draws them to each other, and the hate and fear make them want to get rid of each other.

You have no idea of the intensity of your wish to get rid of each other. This does *not* mean that you are not strongly impelled *toward* each other, but it *does* mean that *love is not your only emotion*.

The one side of this equation—the hate—makes them “think you want to get rid of *each other* and *keep the hatred*.” That’s how much they value the hatred.

1. Try to downplay the amount of hate and fear.

Jesus speaks of “your previous attempts to *minimize* the fear.”

2. The love comes more to awareness, bringing the hate/fear into sharp relief as well.

This places the two people in an uncomfortable state of conflict between love and hate.

Because your love has become more in awareness, the conflict can no longer be “settled” by your previous attempts to *minimize* the fear. The love makes attack untenable, *but you still feel* the fear. Instead of trying to resolve this directly, you have a strong tendency to *try to escape from the love*. Yet this is the *last* thing you would *want* to escape from. And even if you did, you can escape from everything *else*, but not from this. Be glad indeed that there *is* no escape from salvation.

3. They need to look at the hate—but calmly, without fear.

Look as calmly as you can upon your hatred, for if we are to deny the denial of truth we must first *recognize* what we are denying. Remember that knowledge *precedes* denial, and that the separation was a descent from magnitude to littleness. And so the way back is to retrace the way to magnitude.

Your hatred is not real, but it *is* real to you. *It hides what you really want*. Surely you are willing to look upon what you do *not* want without fear, *even if it frightens you*, if you can thereby get rid of it? For you *cannot* escape salvation, and you will not escape fear until you *want* salvation. Be not afraid of this journey into fear, for it is not your destination. And we will walk through it in safety, for peace is not far, and you will be led in its light.

Exercise

Choose someone you are in relationship with, in which the relationship fits the above description.

See the genuine love that is there.

Yet also see your attempts to minimize the hate and fear, to act like it's not there.

Realize that somewhere inside you is the need to get rid of this person.

Decide to get rid of your hate instead.

Hear Jesus say to you, "Look as calmly as you can upon your hatred."

He continues, "Your hatred is not real, but it hides what you really want."

"You don't really want it."

"Surely you can look on something you don't really want without fear, if you can thereby get rid of it."

Say to yourself, then,

I will look upon my hate as calmly as I can.

I can look on it without fear, for I can thereby get rid of it.

*And I **will** to get rid of it.*

For ugliness such as this belongs not in my holy mind.