These are uncertain times in America, mass school shootings, political violence, violent crime in the streets. There is anger, hate, strife, self-righteousness, virtue signalling. In no other time in American history has so much hate been unleashed on the American people. No one person is to blame for this. We are all on this American experiment called freedom together. So we all are to blame for this. But there is one underlying commonality: HATE and ANGER.

Political strife, economic uncertainties as well as social mistrust are just symptoms of the problems of violence. The cause is unresolved anger. Why do we hate one-another so much? It is unconscionable that a political party would use hate and anger to gain political power. They have no shame!
But on the broader scope of anger, the true divide within America today, we all have it. But some stew in their own hatred. To these people anger is like a drug. People can become addicted to anger. Addiction is defined as any substance that can change the way we think or feel. The anger is like the Jonesing, like on heroin, the addict needs his fix. The release, or climax, is the acting out of that anger.

When I was growing up, during my adolescence, I was taught to count to ten when I was angry. We understood back then that the brain was a chemoelectric organ, and if you waited ten seconds, the chemistry of the brain equalized out. I learned to think before I acted, rather than use just my emotions to make decisions. We all should learn this from history.
I heard a story the other day on the radio about a king that had a philosopher teach his son about anger. The philosopher took the prince into the woods and finding a bee's nest stuck the prince's hand into the nest. The bees of course instantly attacked and stung the prince's hand.

The prince howled in pain, "I'm going to tell the king you did this to me!"

But the philosopher replied, "Yes, but consider this: you were only hurt by the bees. The angry bees however died because of their anger."

The prince went on to a long rule in his kingdom, ruling wisely.

Anger tends to destroy those it possesses, just the same as drugs will possess people and destroy their lives.

Remember Smokey the Bear? He said, "only you can prevent forest fires".
I do understand we are not all Vulcans, only trusting to logic. We must remember to be in control of our emotions. No one can make me angry. I allow myself to become angry. These days we can not afford that luxury. There are too many other problems in the world to be burned up with our petty hate. Self-righteous anger is just that, selfish.

My hope is that we can have compassion in our humaness for one another. We as Americans must lay down our hate and anger. If we can do this, to set our bias aside; I believe there is no problem too great that our nation could not solve.

It is up to all of us.