

## HIDDEN SYMMETRY BETWEEN WHAT WE DO TO OTHERS AND WHAT WE DO TO OURSELVES

This symmetry exists for what we do to others, what we think about others and how we react to others



The vast majority of the population, by insecurity, will have the tendency to increase the level of jealousy, hate or fear of others  
In fact, that tendency will hurt themselves back symmetrically and reinforce their hate, fear and insecurity. It is poisonous

There is no need for karma, pay back or revenge at this point to understand the bill is not to be paid in the afterlife or later in life,  
but on an everyday basis for everybody on both sides symmetrically, even more by those having those feelings than the recipients

Someone who loves themselves truly, will understand and realize this and will not want those negative feelings towards others  
to be part of their lives because one is hurting oneself as badly or more as others. Instead they will want to develop the opposite

One will increase the love, compassion, understanding, patience towards others because they know it will symmetrically reflect inside them  
on their inner feelings, the way they appreciate themselves, the quality of their experience and their perspective in life

**WE DO NOT UNDERSTAND WHAT WE ARE DOING TO OURSELVES WHEN BEING GUIDED BY FEAR AND HATRED, IT IS SIMILAR TO DRINKING A DAILY POISON**