

Kill and destroy as if it is your own.

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It is obvious and understandable that every single one of us (human beings) relates to the world around us, **at first glance and first reaction**, through our own eyes, ears, and experiences. No one can experience reality in any other way. We are also naturally wary of dangers based on our own fears and are quick to identify possible sources of danger long before we are capable of accepting sources of love, care, empathy and help from others. It is also completely understandable that in situations in which we feel that our lives, and / or the lives of others that we love, are threatened we will react in extreme ways.

All of the above is true regarding **ALL** human beings, regardless of their race, religion, education or upbringing. Understanding that this is a normal basic state of being **for ALL** is the first step necessary to break loose of our immediate and violent gut reactions to the world around us ... **and it is extremely important for US to break free of those reactions.**

It is extremely important that we learn to moderate our reactions because our own violent acts, even if performed for exclusively defensive purposes, **reinforce the fears of those around us who fear for their own lives and then react violently ...** and so add to the maelstrom of ever-increasing death and destruction.

I contend that the natural state of being that all human beings desire is peace and well-being. I have no hard proof for this statement, but **I have never heard of any cases in which individuals who live peaceful and healthy lives have willingly and purposely forfeited that situation just for the joy of killing and destroying.**

I, for one, am physically sick of the direction that my country (and much of the world around us) has taken as a direct result of our acting upon our immediate and violent gut reactions to **the acts of other human beings**. We have become blinded to the fact that **our perceived enemies are NOT demons, but rather human beings with the very same basic desires that we have.**

So, I ask those of you who feel a real need to kill and destroy to protect yourselves and your loved ones ... **replace the faces of those who you would kill with those of your own son or daughter and replace the home that you are about to demolish with the home that you have so carefully built and care for.**

If **we all** do so we just might put an end to war and suffering.

Marc Marcus