

The Bridge - Video 4

I will resemble you in that I am like you. Can we be generous in the face of our own suffering and persecution? The indignation and anger we carry is loud, overwhelming, and contagious. How can we appreciate the suffering of others when the noise of suffering inside our own heads is so loud? When we suffer, when we feel persecuted, we may not be generous. We may actually begin to claim a certain ownership to our suffering. What about racism? Political tyranny? Sexual abuse? Rape? Incest? Assault? Hate crimes? Religious persecution? Harassment and discrimination? Who suffers the most? Who is the most injured? If we lay claim to our suffering as the most absolute and contentious, we may begin competing with each other for recognition as the most injured.

If we battle for this recognition then a cycle of disregard for others can develop. And disregard can set in motion a more contagious disregard that in turn can perpetuate more contagious disregard, and so on and on. How do we create space within ourselves to acknowledge and appreciate the suffering of others? "I am like you."