

## **HATE**

**I hate you,  
Hate is a cancer  
I hate you,  
Hate is debilitating,  
I hate you,  
Hate only controls the hater.  
I hate you  
The hated shoulders no responsibility  
I hate you,  
Hate is all consuming,  
I hate you,  
Hate drains the host of all good energies,  
I hate you,  
Hate has no limits, no boundaries,  
I hate you,  
Hate is its own worst enemy,  
I hate you,  
Hate is an all consuming fire that feeds off ignorance and guilt.  
I hate you,  
Hate is like an extra layer of skin, it covers the sensitivity of the bearer.  
I hate you,  
The more you hate the more you hurt, the more you hurt the more you blame  
your target of contempt.  
I hate you,  
Hate is a special virtue in itself,  
I hate you,  
Its an act that one can perform solo,  
I hate you,  
Hate is an abrasive, like replacing engine oil with old used oil  
I hate you,  
Hate is the ultimate denial,  
I hate you,  
Hate is the tool reflected in the conditions of one's soul.  
Its not so much that I hate you as it is that I hate myself.**

**By W. J. Duke Mader**

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