

Your Healing Role After a Divisive Election Season

I am not writing to you as a Republican or a Democrat, a Christian or a non-Christian, nor as a Clinton or Trump supporter. I write to you as an American, a woman, a wife, a daughter, a lover of mankind. I am writing to you because I believe in the power of love and life, and the ability to overcome and grow in all situations.

This year we have experienced more racism from all races, more shootings from all sides of the country, and more disgraceful behavior from both political parties than we have seen in a very long time. These things didn't happen because somebody was racist or somebody was a liar, or whatever label you want to put on these people. It was because we, as a nation, created this.

We created this unsafe, un-accepting, judgmental year.

We brought on the evil and the hatred by feeding into constant negativity. We've done this by filling our screens, social media and memes with taunting, mocking and disgust toward our politicians, our cops, blacks, whites, Hispanics, Christians, Muslims, Syrians, gays, transgenders, Republicans, Democrats, pumpkin spice latte drinkers, cat lovers, zoo owners, parents who hover over their children, parents who don't watch their children close enough, people who are ugly, people who are pretty, those who speak out, those who sit on the sidelines, Kimye fans, Kimye haters, people who hunt for sport, people who are vegan or vegetarian, meat lovers and Pokemon catchers.

We have chosen hate. Every chance that we have been given. With every trend, every story—good or bad—we choose over and over again to tear each other down and build a bigger divide. This election, these candidates, this president, they are just

the icing on the cake.

I am ashamed of who we have become, and how we are teaching others to view us.

The world is watching us, as we tear each other apart, divide our country into two and drill our new leader into the ground. They are watching as we speak hatred among ourselves and reject the very system we have worked so hard to build. And they are learning that we aren't loyal or kind and continuously choose fighting over peace.

The media is watching us as we choose negative stories over positive ones. They see us latching onto the reality TV shows, false ideals and horrible stories. They are learning that if they feed us negativity or celebrities (or even better—negative celebrities) we will eat it up, promote it and put power behind it. They are watching as we choose to emphasize the worst of things over the positive joyful news that exists around us.

Your children are watching you. They watch as hate seeps out of your pores and into your phone calls, and onto your Facebook page. They watch you spew the name of disgust and judgment upon other human beings. They watch as you stand a hypocrite to the belief system you have tried to teach them for so many years. These kids are watching you. And the exact thing that you disagree with is the exact thing you are teaching them to become. They are learning that if someone disagrees with them then it is OK to call them horrible names, tear them down and reject them.

The nations are watching, the media is watching, our kids are watching, and they are all giving us the exact life we are telling them that we want.

Martin Luther King Jr. said it best: "Darkness can't drive out darkness; only light can do that. Hate can't drive out hate; only love can do that."

You cannot fight hate with hate, as it only breeds more hate. You are the hate. You are cultivating the hate, encouraging and bringing more abundance to it. We must fight hate with love. It is the only solution. Love harder, and stop letting hate win.

Be a bigger man, America. Stand up for what's right by being what's right. Be who you want to see in the world. Be a shining example of love and light. It's up to you and only you. We will never get anywhere if we continue acting through hate. We will only make it worse.

We have the opportunity today to decide our future. We can choose to continue with this hatred, egging on the judgment, harsh words and criticism. We can choose to be the very thing we fear, or maybe, just maybe, we can choose to save ourselves. We can begin accepting others for who they are and what they believe in. We can love our friends, families and neighbors. We can choose to put the disagreement and selfish opinions aside and be the voice that speaks out hope and light and love.

We have the choice to be better. The choice to not teach our kids to hold grudges. The choice to choose a happy America and one that will stand up against all odds, come together and make things great. We can choose to love each other.

If you hate the hatred, then stand against it by being loving. If you want a united nation, then begin uniting it by loving others. If you want your children to grow up in a safe country, then help it to be safe by teaching your children to love and be loved. If you desire change, then be the change.

We will not win with hatred. We will not grow or get better with anger against one another, regardless of who our president is. This is one man, and we are millions. You are not required to follow the crowd. You don't have to join in on the negativity. You have the freedom to be your own person and

reject this trend. Be bold in your love for one another. Stand strong in your faith in love. Hold each other up. Respect one another. Start acting in love and we will see change. This isn't something our president can create, it is something we must create.

No matter who you voted for, what you stand for or who you are, I love and respect you. And I pray that the rest of the nation will begin doing the same so that we can start changing the tides, bringing back unity and building up a world that we are proud to live in.

If you are against the hate, then stand against the hate. Don't be the hate. Be better than that.

If you want to be different than what we have experienced in the midst of this election, on both sides—then stand up. Share this post. Write one similar. I encourage you to be different. Be stronger. Speak up for love and share this message. Let's build hope and strength together.

You have a choice today. We have a choice today—to continue this sabotage of our nation, or to save it.

Which will you choose? {eo}

Kylie Ugarte is the voice of where she shares a heart for living a simpler, more abundant lifestyle. She has a passion for inspiring women to fall in love with who they are and discover the deepest depths of their being by living intentionally in their day to day lives. Tackling social injustices by choosing a more ethical and sustainable lifestyle is a constant striving point for her. Keep up with Kylie through social media by following @kylieugarte.