

## **The Evilness of Communication**

There is hardly a day when I finish without dozens of people around me gossiping to me, slandering other people.

Firstly, I am not self-righteous. I still tend, after all the insights and years, to do so form of gossip from time to time.

Without a doubt, this is one of the most despicable habits for a variety of reasons.

Firstly, check and see that high percentage of gossip, rumors, and slander talks are based on rickety and groundless facts. Many times such rumors or mockery can cause great harm to those around us, most of the time without knowing their destructive influence in practice.

In addition, just like the neighborhood supermarket where we go with a cart and choose which products to put into it and in the end, the total of the products in the basket are the ones we chose to put in there, so are our lives. If the same basket or wagon is our human-emotional environment, then all those thoughts and sentences chosen to fill our lives, they create the total quality or outcome that will be there. If we choose to insert insults and wickedness into it, then a large part of our environment and our lives will be afflicted with this corrupting affliction.

"Chazal" have already said, "Love your neighbor as yourself." A simple observation of the sentence leads to the profound insight that lies in it, for "loving your neighbor as yourself" means that if you do not love yourself, you will not be able to love your neighbor either. In a different perspective of the same equation - Once we talk bad things, we put our lives in harm's way.

Some of us tend to pass on a malicious rumor about familiar people that we have heard from an evil gossip, without any direct connection to that person. Some of us tell a story about a friend from work and slander him without verifying the correctness of what he said...

So what are we going to do?

1. Make a decision that within the next 30 days, you are allowed to say only one negative thing about another person. The allowance allows for gradual abstinence and important vigilance over the amount of evil we sprinkle. Alertness is necessary to create change.
2. Commit yourself to stopping any person who chooses to speak to you about another person and ask them to refrain from doing so because you are in the process of deterring communication abuse.