

## Red, “Right” and Blue - Equality in an Ego-Centric World

By: Rachel Roman Tipton

The United States was built on liberty, happiness and the freedom of religion and speech. To believe or say whatever we wanted and not get condoned or shunned from the community. We had our ideals lined up but when we went to practice them, we messed it up. It was like that from the beginning. We used the Native Americans to help us get our villages settled and show us how crops would grow best in this new world. Then over time our peaceful living pilgrims got greedy and started killing the Native Americans in hopes to be the better race and take their land to have more, more and more. Then when other different groups of inhabitants started their pilgrimage to America once they got here everyone hated each other. It was a big melting pot of chaos and disaster. The ideal of our perfect Utopia could not be found. We worked to death the African Americans all in the name of what? Money, power, fame not for independence and equality.

We have not changed much really from our founding fathers. Every kind of system that exists today has its flaws and we may have evolved in science, medicine and technology, but our ego has stayed exactly the same. Our American flag is not all red, white or blue but three colors uniting us all under the witchery of stars and stripes. I wish we could see everyone as equal just like the colors of our flag.

We go and protest or express our opinions strongly on social media and it seems so hard to get everyone to change. But really, it is so simple. If everyone stopped just for one day and was nice to everyone, didn't worry or stress than that would be successful mindful living. So why can't we let go and do this every day? What are we really so afraid of? Stop and think why you hate others. Was this just a learned thing from your environment, upbringing, town you live in. Was it based on your parent's belief of hate or grandparents? Does it stem from generations back? Think right now if you were another race. I mean you could be. If your soul was sucked into a different body instead of the current one. What I am really trying to ask you is does it really matter? Would the color of your skin effect you really as a person deep down inside? Do your own thinking, don't trust ideals from generations past. Evolve your ego into something better. Do the right thing.

Maybe your opinion is strong at this point and you don't want to change. Maybe you feel you have to stay this way to impress others or fit in. Maybe that's true. We all kind of want world peace though right? So, take your ego and just try to have peace for yourself and your loved ones and try to let the others that you hate go. Just take charge of yourself, trust the process and everything else will work itself into quality living.

Equality is understanding and providing opportunities for everyone no matter of their race, gender, personal or religious beliefs. I think a person who is all for “Black Lives Matters” needs to rethink their own thinking when the following is present inside their minds.

A person could say African Americans are equal and of course I am just using this as an example because of the recent events, go to a peaceful protest and come home and feel all warm and fuzzy inside. I am not saying that is a bad thing but then what do they do the next day, they continue the lifelong feud between herself and her younger sister. Attacking each other time and time again. This person is not at justice within their head.

Egos are everywhere and take many forms and to truly have peace you must let it go on all levels. My purpose here is to pull out the root of the problem in your head. Take the weed right out so you can have clear thinking towards all people.

It doesn't really matter religion, race, gender or beliefs because all lives matter and this was what our founding fathers were searching for so let's take a moment to fix their original mistake of corruption and live for them and their ideals of nonviolent living. We really only have our mind and with real discipline and right correction we can wake up one day and decide to be different, non-abrasive, happy and full of peace. When we start to change our outlook on life then others will change by our example and not be so harsh towards the world. That makes for a happy and content life and if everyone does this then we will finally have peace on Earth.

One final thought is to really try to combat negative states of mind such as anger, hatred and greed and cultivate positive states such as kindness and compassion. We can all make a difference. Once we see things differently a whole new world opens up. Stay peaceful and STOP to Silence Thoughts Of Pain.

Rachel Roman Tipton resides in Tampa, Florida and is the author of a life changing book called *Cheat Sheet to Heaven*. This is not a religious, self-help or psychological book but is a book about our thoughts and how to change them. The book was developed when she came to the realization that she no longer wanted to feel unhappy, depressed, sad or lonely. For more information please visit [www.cheatsheettoheaven.com](http://www.cheatsheettoheaven.com).