An angel stood by my side. She asked the question: "Where there is light ..."

So I answered: "There is no darkness".

The angel asked: "Where there is love ..." and I answered: "there is no hate".

Ultimately we came to the following:

Where there is	there is no
light	darkness
love	hate
joy	sadness
knowledge	fear
understanding	anger

So when there is sadness in your life, balance it with joy.

When there is anger, balance it with understanding; hate gets balanced by love.

"So what about pain, what is the counterbalance for that?", I asked.

"Enlightenment", the angel said. "But you may choose; joy, love, knowledge ... everything will balance all.

Sadness gets balanced by understanding, by love and by light.

Pain gets balanced by joy, knowledge and light. Darkness by joy, love and light.

So when there is light in your life, there is neither darkness nor pain, sadness nor hate", the angel said.

"That all makes perfect sense", I said, "but why is this insight so important that you come to tell me this in person?"

"In the Bible, the Koran and Torah, what is the first God said?

LET THERE BE LIGHT!"