

Love your Neighbour

“You shall love your neighbour as yourself”

What happens when you do not love yourself?

The hardest person in the world to forgive is yourself. So for a person of the Roman Catholic Faith; (famous for its celebration of guilt), this is a real challenge.

But loving yourself involves forgiveness

This in itself is a process

The first stage is recognising something is wrong. The symptom that is not addressed grows like a viral infection and pollutes life. You may feel for example that your attitude to those you love is fully open and free. Loving self will mean that you are open to seeing a problem. Thus not simply blocking out the issue the problem, and the person behind it.

When worried, I hate to be reminded of the fact. Loving self would mean I can accept my anxiety and the help that others are trying to give.

Loving yourself involves care

This in itself is a process

The first stage is humility. Those who do not care for themselves exhaust their resources and the patience of those they love. You may feel for example that you are too important to have a decent meal. Your time too valuable to spend any of that gift in rest or fun. Your responsibilities placing you beyond what you expect of others.

Caring for yourself means recognising you are a child of God. That you shall die and all that will remain of you is love.

Loving yourself involves faith

This in itself is a process

The first stage is vision. Those who are not prepared to see beyond the immediate crisis will be imprisoned by it. You may feel for example that the wars of this world and the intransigence of its peoples will only get worse. So they did at the beginning of the First World War. So they did at the beginning of the Second World War. So they did as the bombs fell in Vietnam. Loving self will mean you have the faith to see what you can do. To live how you are today. To celebrate the blessings that you see before you.

The love of God will not abandon you

You are beautiful

God loves you

Trust in God

Thus learn to love yourself

Then with that security reach out to others.

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