Love Thy Neighbor As Thy Self

Question Is: Do You Love Yourself?

The second Commandment reads: "Love thy neighbor as thyself." (Mark 12:31 and Matthew 22:39). Amazing isn't it that this is quoted twice in the New Testament and the quote is attributed to Jesus, himself.

Well, there you have it folks, the answer to everything that appears to you that you want to hate, condemn, judge or otherwise "kill"...including those bits of yourself that you just can't face.No worries. Those bits of yourself are those things appearing to you in your outside world that really "push your buttons".

Recently there was a lively discussion on Facebook which began with someone posting an article of derision about [Sarah Palin](http://en.wikipedia.org/wiki/Sarah_Palin). The article had something to do with her condemnation of teen sex before marriage and having to adjust to the idea that she was about to become a grandmother again. The poster of the article was posting it with some glee and satisfaction that Palin would be embarrassed and subject to ridicule.

I posted that if there was anything that forced me to grow and expand my own consciousness, that would be my children. It all falls into the category of "my children would never..." and then of course, the Never Angels are called in to bring you this eventuality so that you have to eat your words, become humble and finally open your heart by opening your mind. It's that self transformation thing, which I call the [Ordinary Heroes Journey](http://www.ordinaryheroesjourney.com/). Everyone is on the same Ordinary Heroes Journey whether we know it and understand it - or not.

We are constantly faced with things we do not like; things that push our buttons to be sure. However, when it strikes close to home and it's someone or something you dearly love, then you either have to expand and change your mind or stay in pain separated from that thing you love by standing on principle.

I think that's where you decide if you'd rather be right or happy. And most likely you'll change your attitude in order to feel that connection with that child. That's where we begin to learn unconditional love.

The next step is taking that concept and extending it to all the people, events and circumstances that "push our buttons". Why should you? Well, because that person, event or circumstance is the substitute for your child; that person, even or circumstance and your judgement of it is keeping you from your own Connection with Self which is Love, feels like Love, is Love.

The poster commented back that she learned this "unconditional love" when she worked at a school with all the children. Ah ha! She knows this ritual; she's merely forgotten. Somehow we are more willing to shift and change around children, but we get rather rigid and dogmatic when it comes to adults. But the work, however, is still the same: get back into alignment with Unconditional Love, which is our True Self.

The Ordinary Heroes Journey is the journey back to your Self and coming to reunite with yourSelf as pure Love. At that point in the journey it's no longer possible to hate yourself, and then it's no longer possible to hate others.

It was a simple matter then to comment back and remind her: by extension then, I guess the work would be to extend this gift of Unconditional Love to Sarah Palin...and then, by extension yourself.