

## Self-Love and Releasing Judgment on Self and Others

### Colossians 3-12-14

12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

14 Above all, clothe yourselves in love, which binds everything together in perfect harmony.

Be easy on yourself. "The secret of higher success is to make impersonal those times when we stumble or fall. To take failure personally is to lose sight of the one Great Lesson that Life would have us learn: there is no "self" to fail (at anything) -- only a certain level of understanding and learning *not as yet* adequate to the task set before it. To know this truth helps us transcend not only the trials we must face, but it also empowers us to detect and drop those painful parts of ourselves that love to sit in judgment of everything!" Guy Finley

Something happens, some one makes a curt remark etc. – such is life. We take it personal, read something into it, make an assumption, take it to heart and hurt ourselves by believing another person's opinion over our own. We inflict pain on ourselves. Oh to live the impersonal life. What freedom that would be. Freedom from self-judgments, freedom from 'shoulda's', coulda's, woulda's and freedom from thinking life should be any different than it is. Take a deep breath and feel that in your bones.

That reminds me of a Cajun story. Now you wouldn't think Boudreaux would take a comment as a personal offense but we are all human.

Boudreaux the Cajun asks the clerk, "Which aisle is de one whar you keeps de Cajun sausage?"

The clerk looks at him and says, "Are you Cajun?"

Boudreaux kind of stiffens and says, "Mais yeah. But

Let me ax you somet'ing. If I had axed for Italian sausage would you Ax me if I was Italian? Or if I had axed for German bratwurst, would You ax me if I was German? Or if I axed for a kosher hot dog would you Ax me if I was Jewish? Or if I had axed for a Taco would you ax if I was Mexican? Would you? Well, would you?"

The clerk says, "Well, no!"

With deep self-righteous indignation, Boudreaux says, "Well den, why Did you ax me if I'm Cajun, just 'cause I axed for Cajun sausage?"

The clerk replies, "Because you're at Home Depot."

Children learn by repetition. They don't get it right the first time or even the 10<sup>th</sup> time. They keep trying. Struggling with that first two-syllable word. We laugh because their attempt is so cute. Banana comes out Mena. It is how most grandparents get their names. Pepaw, Nonie, Gramie, Nana, you get the idea. Their attempts were not perfect and we love those innocent attempts and totally accept them labeling them cute not failures.

Adults learn by repetition too. But when they don't get it right the first time or several times and we judge, criticize and often laugh. Not because it is cute, but to make fun of them. To show their short comings. To make ourselves feel better about our own lives. Eventually most people quit trying. How easy it is to dump water on someone's parade and put out the flame of desire in others. Junior high kids are masters at hurtful remarks. It is difficult for teens not to strike back. Most kids don't have the wisdom to go with the flow and laugh it off. My grandson surprised me the other day when he was warming up for a soccer game and a bunch of teenagers in the stands began giving him a hard time. When he missed a goal shot, they shouted "What's the matter Jack, are those two-toned soccer shoes cramping your feet. I've seen you do better than that." And they all laughed. Jack simply smiled and waved and took a bow as if he had gotten a high compliment and then went back to practicing.

People who are not self-actualized or self-loving tend to get defensive and aggressively make a justification when criticized. They carry a chip on their shoulder. A simple solution would be to just say, "You know you might be right? Thank you for your opinion, I'll take a look at that." Then walk away and avoid a critical ping pong match back and forth. You simply are not admitting guilt or engaging in a push come to shove argument. You merely acknowledged their opinion and said you were listening, heard them and will consider their comments. No agreeing or disagreeing. If you don't engage it is no longer fun for them to push your buttons. It's like water off a ducks back.

People do what they do and it is not personal. People do what they do because they don't know a better, more effective way to get their needs met or of getting attention. Some however do what they do to get a rise out of you. I label them professional agitators. You will be surprised how easy it is to diffuse them if you do not engage.

Somewhere along the way it is all perfect. As Byron Katie says, "Life happens. When I argue with what has already happened, I always lose." It is a waste of time because you can't change what has happened. You can however do something about the future. It is never too late to start. Though life may seem like a disaster at the moment, be patient and from that disaster a flower will grow. You just can't see the seeds of change at this moment.

Be at peace with the moment. Be at peace with yourself. Until you can accept where you are and be at peace with the fact that this is temporary, you will remain struggling to get out of the self-induced quicksand. First be at peace with where you are. No matter how low on the totem pole you feel you are. Let it be okay and just focus on where you want to be. Next ask for guidance and be still and listen. Quieten the mind. Meditate. Pray. Remove resistance and doubt and be open to possibilities beyond your imagination. When you ask, God has designed the universal elements to come together to find another solution. He has our backs in so many ways. Ideas come out of nowhere. Opportunities abound. Problem solving solutions pop up. Earth angels appear with the perfect message. Your job is to awaken to the messages.

"Some things in your life you're not letting happen right now because the timing isn't perfect for you. Some you're not letting happen because you are very aware of where you are. But all things, as they are happening, are happening in perfect order. Let me repeat that, ALL THINGS, as they are happening, are happening in perfect order. And if you will relax and begin saying, "Everything in its perfect time. Everything is unfolding. And I'm enjoying where I am now, in relationship to where I'm going. Content where I am, and eager for more," that is the perfect vibrational stance." [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

Self-love requires you to totally love and accept yourself warts and all. No matter how fat, tall, skinny or if your teeth are crooked or you have a big nose or if you were born different. If you don't love yourself as you are, you won't let love in and no one can love you enough that you will ever believe them. You are saying to the world I am not good enough. I am not worthy of love. What a slap in the face to God. You are saying I am a God mistake. God doesn't make mistakes! You are denying your divinity-

denying God's Love. We are all perfect children of God. A chip off the block you might say. Even the least of us has great potential. Self-love is totally an inside job.

When you love yourself and let your love light shine people can Not, Not love you. Look at Melissa McCartney, gangly Taylor Swift, Michael Strahan, Can you not love them? They are love magnets because they love themselves. We can all be love magnets. It begins with self-acceptance. How you ask? There are four steps.

First never ever compare yourself to someone else. You cannot compare oranges to apples. They are simply two different things, just like us. Comparison creates instant separation. You either feel superior or inferior. There is no connecting or bonding. You are unique unto yourself with your own individual gifts and talents. Wear them proudly.

Secondly, Accept yourself JUST AS YOU ARE in this moment warts and all. Your weight, your hair, the color of your eyes, where you live, what you drive, the money in your account, your cat, dog, children, relationships. Love and accept it all. Be at peace with who you are. (Do an Acceptance Meditation [Here.](#))

Thirdly know that other people don't disappoint you. What disappoints you is you have an expectation of how others should be according to your standards and values. Rather conditional don't you think? Stay out of other people's business and allow them their own life journey. Especially your family members. Practice unconditional love and if you must interfere do it from afar by sending love, prayers and visualizing them in their own success. You are not responsible for other people's choices and it is not your job to try and save them. End of story.

That brings us to number four, to three healing cups of loving yourself. When you learn the word 'No' doesn't mean I don't love you, it just means I am not your source of supply, that is freedom from feeling obligated. If you really want to help people allow them to take responsibility for their own choices in their lives. You only weaken them by bailing them out. Teach a man to fish.

Use all that fretting time and those sleepless nights to nurture yourself. Realize, these are God's children too and lovingly give them back to him knowing He always knows how NOT to interfere in another's free will and He has their backs too. Notice if you think God needs your help. "That's your sign!" as Bill Engvall would say. Peace be with you.

"Whether you realize it or not every day of your life is a "fresh start" as long as you don't bring the past into the present." - Blitz Poston

Be still and know I am God. The unconscious mind has your solutions.

"Be still, my muscles, and know God's relaxation. Be still, my nerves, and know God's rest. Be still, my heart, and know God's quietness. Be still, my body, and know God's renewal. Be still, my mind, and know God's peace." ~Barbara Johnson, -Pack Up Your Gloomees in a Great Big Box, then sit on the lid and laugh!

Closing Prayer: Most gracious and loving God, Open our hearts to the quality of love You grant us as our birthright. May we never deny the magnitude of Christ sacrifice for us. May we therefore go forth daily radiating the essence of pure unconditional love to ALL. May we gratefully acknowledge and receive Your unconditional love so we may pass it forward from Your tremendous reservoir of love, joy, compassion and kindness. May we let our love light shine so brightly that we as, Your humble children, may make a difference in the lives of others. In Christ name Amen.