

A Moment's Meditation

To accept oneself as one is
may sound like a simple thing,
but simple things are always
the most difficult to do.

In actual life
to be simple and straightforward
is an art in itself
requiring the greatest discipline,
while the question of self acceptance
lies at the root of the moral problem
and at the heart of a whole philosophy of life.

Is there ever a doubt in my mind
that it is virtuous to give alms to the beggar,
to forgive those who offend me,
yes, even to love my enemy in the name of Christ?
No, not once does such a doubt cross my mind,
certain as I am that what I have done
unto the least
I have done unto Christ.

But what if I should discover
that the least of all
the poorest of all beggars,
the most insolent of all offenders,
yes, even the very enemy him/her self
that these live within me;
that I myself stand in need of the alms
of my own kindness,
that I am to myself the enemy who is to be loved
what then?

Then the whole Christian Truth
Is turned upside down;
then there is no longer any question of love and patience;

then we condemn and rage within ourselves!
For sure, we hide this attitude from the outside world,
But this does not alter the fact
that we refuse to receive the least
among the lowly in ourselves with open arms.
And if it had been Christ himself
to appear within ourselves
in such a contemptible form,
we would have denied him a thousand times
before the cock had crowed even once!

Carl G Jung