



**February 2014**  
**From the Desk of**  
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Dear Friends,

For many people the month of February is the month that the idea and concept of love is honored, shared, and experienced in one's life.

Jesus, our Master Teacher, shared his idea about love and gave us the trinity of love to live our lives by. The writer of the book of Matthew puts it this way:

And he said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the great and first commandment. And a second is like it, You shall love your neighbor as yourself," (Matt 22:37-39).

Love God with every ounce of your being, then love your neighbor (the people we share our lives with) as we would love ourselves. Sounds easy, but as we all know, it's a very hard activity to put into practice. However, it is an activity that is required if we are to reach the spiritual level, as Jesus put it in Matt 5:48, of "being as perfect as your Father in heaven is perfect."

Ok, I know I'm not God. However, I am God's created child, made in God's image and likeness as a spiritual being. Therefore, I carry within me God's spiritual DNA which comprises all the divine attributes that will help me live a healthy, happy, prosperous, love filled life. So if I am to be perfect as my Father in heaven is perfect I must demonstrate those divine attributes.

As I see it, the kind of love that Jesus was talking about was unconditional love, the ultimate divine expression we can share with one another. Jesus saw God as perfect love, a love without conditions and I believe that he wanted everyone to know this, thus his teachings about loving your neighbor as self.

All human love begins and ends within each of us. It is our responsibility on how we use it. And for the most part we are trained to love with conditions. This creates many problems and Jesus saw this. If you can't love yourself as much as God loves you unconditionally, then how can you love

someone else the same?

If you think about it, you'll see how the activity of love has been demonstrated in your own personal life by you or someone close to you. When was the last time you loved someone without a condition attached to it? When was the last time you loved someone the same way you wanted to be loved? Being able to love your neighbor as yourself begins with your perspective of how you love yourself. Here is a checklist of self-worth, self-love activities.

1. When fortune smiles on you, do you think, "This can't last?"
2. Do you find it easier to give than to receive?
3. Does your life feel like a series of problems?
4. Does money seem scarce and hard to come by?
5. Do you find your relationship(s) unsatisfying?
6. Do you work long hours but not have much time to enjoy yourself?
7. Do you resent or envy people who take frequent holidays?
8. Do other people seem to work more, do more, be more than others?
9. Do you overeat, smoke, drink alcohol every day, or use drugs.
10. Do you feel uncomfortable when you receive praise, applause, lots of attention, gifts, or pleasure?
11. Have you turned down or passed up opportunities in education, work, or relationships and later regretted it?
12. Do you get sick or injured more than other people?

If you answered "yes" to any of these statements then it is time to start practicing self love. You have the gift of unconditional love already within you. It is your's by divine birthright. All you need do is allow it to find expression. Once you do then you will experience the perfect love that Jesus taught about and you will be able to love your neighbor as yourself.