

SELF-INFLICTED AGONY

Self-Inflicted miseries are *Irritations*.
Spring from your buried judgements, they do.

Your unknown opinions about yourself,
When noticed in others,
Surface into your awareness as personal Irritations.
(No Kidding, Baby. Stay with me, now.)

That which you do not like in others is but a reflection of
That which you do not like in yourself.
(True. No fooling. It's there.)

Thus, we are told, "Love others as you love yourself,"
Which actually means that you *must* love yourself
Before you can love others.
Do you? Love completely?
Irritation at others is a sure sign there's some love missing.

Your irritation is not a response, Baby Love.
It's a spiritual gift, a holy 2 X 4 upside the head, for it shows you
The very quality you do not love about yourself.

So, develop your *ability to love yourself* by clearing the irritations
Your self-serving ego-brain says others are causing.

Look within for the ***True*** source, Baby.
After all, ***You*** are the one who's irritated.

Search deep. You'll find it because it's there,
Or you wouldn't be irritated.

Kicker: Simply identifying your irritation spot
Is the beginning of the end
Of Self-inflicted agony.

You see, starting the search is like an Umpire hollering out, "Play Ball!"

Game On!
But you know you're in a win-win situation.

