

TAKING EXPECTATIONS TO A NEW LEVEL

BY NELLIE FELIPE

One of the main principles of life is to "love your neighbor as yourself?" This does not merely imply the people living next door or in your immediate community. It means all people living on earth. Perhaps this sounds too "touchy feely" for some.



I have come to understand this principle because I failed miserably in my early adult years. I was raised in an era that was about "who you knew". This defined the "people to see, places to go." It was not about relationships but associations. This fell way short of the principle to "love your neighbor as yourself."

Are you often disappointed by the people around you? Are your expectations frequently let down? Try this quick exercise: List 3 people close to you that you interact with daily (children, colleagues, spouse, etc.). Then by their names list how they have disappointed you. Be honest with yourself, this is for your eyes only, no one will see it. Try it... list how they have failed your expectations. Do not continue reading until you have completed this exercise. Thank you for giving yourself this gift.

I trust you have done the exercise. Now, look at your list. Have you done the same for them? Are you expecting more from others than you are willing to do yourself? Have you treated them *first* how you want to be treated? Have you been *first* to compromise? Have you been *first* to call the peace? Have you forgiven freely? Have you demonstrated love?

Do not be fooled by considering yourself higher or more than a fellow human being regardless of status quo, title, education, economic standing, race, age or any other factor. No one should have to jump through hoops to have to prove themselves to us. This does not mean not to be wise. It means do not condemn another or treat them "lowly" because you feel slighted.

When I was a young girl my mom was fond of saying, "Two wrongs do not make a right." I thought then she just wanted us, my siblings, to stop fussing so that she could have peace. But her words were truth. Let me put it into words we are all familiar with "*we reap what we sow*".

Often love is looked at as a weakness but I beg to defer it takes great strength. If you really want to create win-win situations, grow rewarding relationships in all areas of your life and soar to new heights of success in all you do: ***you must incorporate the principle of "love your neighbor as yourself."***

Speak a kind word or do an act of kindness today without any hidden motive(s) in your heart. Do it just because you want to, no expectations and get ready to reap great rewards.

"Love life and life will love you back. Love people and they will love you back." ~Arthur Rubinstein