

“Love your neighbor as yourself.”

Jesus Christ provides this, along with another, when asked for “the greatest commandment in the Law.”

This is a commandment, not in the sense of an order to be followed, but rather a natural law, It is a simple observation about how the heart-mind works.

$$L_{\text{(self)}} = L_{\text{(others)}}$$

Self-loathing begets outward cruelty and hurtful behavior toward others. Insecurity blocks the honest sharing of emotions that might let others know you value appreciate, love or even adore them. If one side of the equation increases or decreases, the other does, too, in proportion.

Doing something that makes someone loathe themselves, or become insecure about themselves, therefore impacts everyone that person comes into contact with. Even if they are conscious enough to prevent this damage from manifesting as outward cruelty, it still reduces their ability to live and love fully, and to fully, openly share that love consistently, begetting insecurities and emotional damage in those other humans, which then propagates itself to the people *they* come into contact with, and round and round it goes. To say that humanity is a chain of Christmas lights is therefore not a childish metaphor but a psychologically true statement. You cannot isolate one bulb and say, torture it, without that affecting literally everyone, eventually.

Literally. Everyone.



Catch-22

Lost: Season 3, Episode 17

Adrift

Lost: Season 2, Episode 2

