

My Neighbour's Eye

Good psychology does not contradict good religion and good religion does not contradict good psychology.

You might take a moment to consider this.

Do you agree that good (and therefore) healthy psychology does not contradict good or healthy religion, and good healthy religion does not contradict good healthy psychology?

The key words are good and healthy since too often we have settled for bad religion and bad psychology reducing the beauty of abundant life (which is the goal of both psychology and religion) to burdensome rules and popular preferences.

It is significant to note how many healthy psychology quotes in Jesus' teaching, whether it be a golden rule for life: treat others as you want to be treated yourself, or a more subtle reminder not to judge the splintered eye of another until you have the plank removed from your own.

Two thousand years before Jung and Freud Jesus speaks about the shadow – the unacknowledged and unwanted aspects of ourselves buried in our unconscious and (when unacknowledged and unaccepted) compulsively erupts with little warning into our words and actions.

We forget that when we point one finger at another, there are three unnoticed fingers pointing to ourselves.

St. Paul seemed to be wrestling with this when he spoke of doing the things he did not want to do and not doing the very things he wanted to do.

“These three things remain, faith, hope and love – and the greatest of these is love.” (1 Corinthians 13:13)

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