

Judge, Jury and Executioner – Giving Judgement the Lethal Injection

Judgement eats away at human beings. Few are immune to its gaping jaws; so many of us seem to have an allergic reaction to being judged. And yet we continually judge ourselves and others.

The following question was recently posed during an online webinar: “What do you do when others are judging you?” This response was offered by my teacher, Valda Monroe:

“It is just you and God. There is no one else.”

These words hit me hard and deep. And continue to do so. As we (and that certainly includes me) see deeper and yet deeper into their truth, we may find ourselves on the road to freedom from the vice-like grip of the chains of judgement.

We know other people have views. And we know that these opinions are their thoughts and perceptions, appearing true to them. Yet we also understand that these views are not *the* truth. Because by now we have realised that human beings can decide their own personal truths. We may find this difficult to accept but it is a pre-existing fact, whether we like it or not. The world was designed to include the personal views of all people. You cannot get away from that.

Judgement is a collective mass of thinking that looks true to someone. Yet somehow, when we feel judged, it feels like being punched in the stomach, or worse, stabbed in the back. Judgement certainly doesn't feel like another's passing energy merely spraying us with inconsequential residue. More often than not, it feels like a huge truck dumping wet cement on our living room floor.

The funny thing is that we are not consistent. We usually have a category of special people we cannot handle being judged by (mothers-in-law, anyone?); and another category who look harmless, naive or

even helpful when they judge us. We give them a free pass. We do this on the basis of some reasoning that appears logical to us.

The other curious thing is that we can get high and mighty about being judged, waxing lyrical about those “awful judgmental villains”. But as soon as we feel victimised by others, we so often begin to judge right back! Our egos go into protective overdrive, as if there is a holy war being waged that needs fighting. Weapons are prepared and sharpened repeatedly in our minds, weapons of resentment, hurt, betrayal, anger, insecurity – even retaliation. Our minds keep on attacking the “judgement enemy” with this arsenal of our own hurt and incensed thinking. And yet, still, the holy war escalates.

So here is what I have seen deeper this past year, during my own sometimes painful moments of feeling judged:

I cannot experience the outside world directly. Ever. It’s me and it’s God – the source of all physical, mental and spiritual life. Nothing else. At least there is nothing else available to me psychologically. So in truth, I cannot feel judged by another. It is not possible.

The Principles underpinning the human experience show us that all we ever experience or feel is Thought in the moment. So when we hear or feel or sense someone judging us, we are only hearing or feeling our thoughts of another’s judgement. That’s it. Full stop.

We are in a constant relationship with Thought. And all our relationships are made up of our thinking about others. So all we can ever experience is our thinking about another. About their goodness, about their not-so-goodness, about their judgement, about their praise. We think we are experiencing others’ traits. But we are not. We are experiencing Thought.

This is the genius of the resilience with which we have all been gifted. It has an inbuilt design mechanism: if we feel judged, we are thinking judged. So if we think something like: “I guess I am not their favourite person”; or “wow, they are upset with me”; or “fancy that, they think I am a bit of a train wreck”, we will feel that thinking.

I know now, after knocking my head against my own brick wall of judgment a few times this past year that it is possible to see past the illusion that tricks us into assuming that judgment is something that

THE PEACH WHO THOUGHT SHE HAD TO BE A COCONUT

happens to us. I also know that feeling judged and judging others go hand in hand. So it's always good to look inwards at ourselves honestly. Not in judgement. But as a way to move forward.

Each time I bump up against this truth, it opens me up to a space beyond judgment where its illusion is revealed. This is a place of deeper connection to our souls. There is no feeling there of being judged.

There is us and there is God. Which is good news, because we are protected by the grace of a perfectly designed "God paradigm". Within its logic and wisdom, there is deeper understanding. And often, to our surprise, we fall headfirst into love and compassion.

BLOGSIGHT: *The outside-in illusion falsely assumes that judgement is something that happens to us. But when we hear or sense someone judging us, we are only feeling our thoughts of another's judgement. As we can only ever experience our own insecure and hurt feelings, it is actually not possible to feel judged by another.*