

All Judgments Create Suffering And Need To Be Forgiven

Every interaction and experience in life offers the opportunity to become aware of those things that we do not recognize and do not accept about ourselves. Watching the way he interacted with my children, I was often jealous that I did not have his patience and his capacity to see things in a childlike and innocent manner. When, however, my brother was high, his behavior was belligerent, argumentative, and quite often insulting. I could not for the life of me understand why such a beautiful, handsome, and brilliant man would willingly alter his state of consciousness and knowingly put poison in his body. I told my brother he was not welcome to call me if he was not sane and sober. During that time I had to think long and hard about how harshly I had judged my big brother. I knew the intricate ins and outs of our childhood. I knew how sensitive my brother was and how deeply he had been hurt, damaged, and wounded by the bad behavior of the adults in our lives. I knew these things about him because I knew the same was true for me. I didn't drink or do drugs, but I was addicted to external validation, to being right about everything, to having things go my way so that I could feel safe. I had a tendency to say whatever I wanted to whomever, without any regard for the appropriateness or necessity of my speaking. Nothing in life causes more pain and suffering than the judgments we hold about and against others and ourselves. When you argue against reality, you will suffer. Judgments are the thoughts or arguments we hold about or against what is, what was, and what should be. All judgments create suffering and need to be forgiven. This is the foundation of all judgments. It is very easy to point out in others the things we deny, dismiss, avoid, excuse, and resist acknowledging that we actually believe are true about us. When we are willing to be emotionally honest, we will discover that the reactions we have to circumstances, situations, and people give us more information about ourselves than about anyone or anything else. Every upsetting encounter is triggering an emotion that is present on our internal landscape. We may judge the person as mean or insensitive or disrespectful. However, when a person makes the same remark and we don't have that judgment about ourselves, chances are we will not be hurt or offended by it. Rarely do our negative reactions have anything to do with another person's bad behavior. We do not/cannot tolerate the same behavior or characteristic in ourselves. Seeing it out there embarrasses us, so we condemn what is being demonstrated. A judgment of resentment or embarrassment often reveals that we are not fully expressing ourselves, and we experience resentment or anger when others do so. We are unaware that we behave a certain way and of the impact that behavior has on others. When we are envious and resentful, we must find something wrong with others who have what we want or do what we desire to do. We judge them in order to make them wrong about who we are and what we have not created for ourselves. When someone attains a certain level of success or recognition, it may remind us of a lack of confidence or success in our own life experience. When feelings of inadequacy surface in the face of success, chances are we will look for and find something wrong with the person to negate what is right or good about them and their accomplishments. It is only when we forgive our judgments that we can have compassion for others, even when they behave in ways we would not. What we have more of within and for ourselves, we are free to

give more of to others. Judging people occurs when we watch their actions. The way anyone behaves is a function of their individual understanding of who they are, what is expected, and their historical perspective of life. Often we make judgments about others at a time when we cannot process our own feelings of discomfort. Critical comments about anyone else are always a mirror into our own life and attitudes. With time, practice, and forgiveness we grow a deeper understanding of what we say and do to others that can and will transform how we live within ourselves. I was stuck in sorrow, grief, and rage. The sorrow and grief were understandable. More than any other emotion, I know the dangerous impact anger has on the nervous system. I knew what to do, how to heal myself. I did not want to do it because I felt I had a right to the anger. It was the early days of spring. Spring is a time for newness and growth. It was time for me to grow beyond loss and sorrow and sadness and rage. And even though I didn't want to do it, I knew it was time. When I complete my daily reading, I dump my mind by writing in my journal. It was only 60 degrees outside that morning, but the sun was shining, and that always helps me feel better. So that day, I skipped the reading and went right to my journal. I wrote down everything I could think of that made me mad as hell. I forgave myself for all of the judgments and fears that I had been holding and protecting. Every thought creates energy or vibrational waves that send messages throughout the body and into the physical environment in which we live. Repetitive negative or toxic thoughts, a disruption occurs in our energy pathways that pollutes the body and creates discord in our life experiences. Good fuel will keep a car running at maximum capacity. Bad fuel will clog every system until the car breaks down or becomes inoperable. Being stuck internally can result in all sorts of physical ailments and diseases.