

STOP NEGATIVE JUDGMENTS

89

To judge a person, place, thing, or event is to form an opinion of it. It's fine to have an opinion, but when it interferes with the way you relate to that person, place, thing, or event, it is a problem.

Judgment of others is especially destructive. When you judge, you draw on your store of memories, beliefs, and values and pass judgment about the person as a human being according to *your* evaluation scale. While that scale may be appropriate for you, you do not have the right or the authority to impose it on anyone else.

Here's how you can stop judgment AND use it for your benefit at the same time.

It has been said that when one human judges another, it is done unconsciously to compensate for their own feelings of inferiority or perceived inadequacy. Think about this statement the next time you catch yourself judging someone: is the topic of your judgment something that you are dissatisfied about within yourself?

When you make the connection, immediately stop putting your *garbage* on others and use the new insight for you yourself to grow as a person.

Realize that you are the real victim of judgment. The person being judged is free of you and your thoughts, while you carry the negative energy of judgment in your energetic system, only to attract more of it into your life.

Let go of all destructive judgment and drop the drama that goes along with it.

every
crisis holds
a blessing