



WEDNESDAY, JULY 15, 2020

Stop the Pain of Judging Yourself and Others with One Simple Word

Key Lesson: The real reason "why" we should "love our neighbor" as ourselves is only answered as we agree to see — by the Light of the Divine — that their life is, in fact, the same as our own. It is this Love — and only this Love — that frees us from the pain of judging others, as well as the suffering born of judging ourselves.

Talk Takeaways

- You cannot be at peace with yourself as long as you have an enemy. How can we learn what it really means to love another human being? To be truly loving is an entirely different kind of consciousness that we are intended to enter into.
- All reactions to any event are binary. What does that mean? It means that the reaction always falls on one side or the other... in favor or against, yes or no, want or don't want, etc.
- There has to be a judge in us in order for us to be either for or against a moment.
- There can be no negative reaction in any moment unless something in us resists the moment. This instantaneous resistance to the moment is a judgment of the moment. Something is there ready and waiting to judge the moment before the moment appears.

- Who we really are has never deliberately judged another human being. But there is a part of us that is already in place before the event that must judge the event in order to exist as an entity that is separate from the event.
- The pressure that comes with judgment provides us with a false sense of conviction and justification.
- The divided level of consciousness can't exist and know itself without believing that it knows what is good and what is bad.
- Any part of us that is disturbed by what unfolds in any moment is connected to something that judges the moment.
- The rejection of another person is the rejection of an invisible similarity between the judge and the person being judged. Contrary to the perception of the judge, judgment is based in similarity.
- Casting the first stone of judgment is the action of a consciousness that believes that the pain that it is experiencing is because of the other person or the outside event. The truth is that the pain is caused by the judge stoning itself.
- The pain of guilt is produced by a consciousness divided into a part of us that judges and a part that is being judged.
- The one word that stops the pain of judging yourself and others is "DIDTTO," which is an acronym that stands for "Do I Do That To Others?" or in other words, "Do I do the same thing to others?" "Do I do that thing to other people that I accuse them of doing to me?"
- The truth sets you free from the self that you don't yet know is NOT you.
- We must not judge ourselves whenever we catch ourselves judging; we just want to SEE the judge. There is a higher level of awareness that can see the judge and that which is judged as the single consciousness that it is, set against itself.

- The only suffering that is truly worthwhile is that of dying to the judging nature.
- The feeling of judgment is painful, but the pain is blamed on the person or event that is being judged that seems to be outside of the judge, but which in reality cannot be separated from it. The pain begins with a consciousness that already knows all about the moment before the moment happens.
- No psychological fear or anxiety exists without negative imagination.
- Thinking that you are going to be humble is arrogance.
- Throw away the idea of getting a result from your inner work. Go into the moment with the wish to see. Results are static; revelation is life.