



WEDNESDAY, SEPTEMBER 30, 2020

How to Stop and Drop the Painful Judgment of Yourself and Others

Key Lesson: The judgment of anyone or anything is never a conclusion to the conflicted condition in question, far from it: all forms of judging someone, or something amount to an unseen continuation of the relationship being judged.

Talk Takeaways

- What we do against ourselves is done in the dark of ourselves; but whatever is done in the dark of ourselves is negated by the light.
- There is a part of ourselves that cannot wait to judge itself.
- Negative states hide themselves in the guise of a "good" judge.
- Suffer the judge instead of making someone else suffer because of the judge.
- The lower consciousness hides itself behind what it blames, so that it cannot see that it is not different from what it judges. Judgment is just a fancy word for blame.
- Whenever a disturbance is registered, up pops something in us that believes it should never be disturbed, which then goes on to blame a person or condition that is perceived as being responsible for the disturbance. Once the responsible party is identified, then that consciousness suggests the actions to take to reconcile the disturbance.

- Judgment is the failed effort of the reactionary consciousness to reconcile the disturbance that has come into it. The judgment seems to promise peace of mind, but it only adds fuel to the disturbance.
- There cannot be judgment of a moment without there being a threat to a pre-existing identity. There is no false identity without a consciousness that is continually resurrecting a sense of self.
- Every act of judgment is a continuation of the past, and the past is the content of this low level of consciousness that cannot see itself.
- Every act of judgment is the continuation of the self that is in conflict.
- With every judgment we condemn ourselves to the prison of the consciousness that only knows the boundaries of its own content.
- Every act of trying to reconcile a disturbance includes a judgment of what is perceived to be responsible for the disturbance.
- The past cannot change the world, but dying to the past IS the change. All judgment is an action of the past.
- Thought can't understand nor imagine what it means to come to the end of ourselves. Thinking is always the continuation of something.
- Judgment is the continuity of a level of consciousness that seeks to escape itself.
- Catch the disturbance when it comes, and then "recuse" yourself as the judge of that "case." See that the judge that appears with the disturbance is not impartial. See that the judge is in pain; see that the pain and conflict were there in that consciousness before the unwanted moment came along that was subsequently judged.
- When you begin to observe the judge, you must not judge it nor yourself for what you see. Seeing has no judgment in it.
- The true inner work has never been about imagining a relationship with God. The work is to see -- by a higher light that we are not the creator of -- the parts of us go into painful imagination over anything at all, let alone over spiritual matters.

- When we are judging something, we don't know that we are perpetuating the past, both our own particular past as well as humanity's collective past.
- The heart knows what is true without thinking, whereas the intellect rarely comes to the truth through thinking.
- The true spiritual path is the path of negation. This is why imagining what the spiritual path is, or imagining yourself traveling on it, is the same as leaving the path.