



WEDNESDAY, APRIL 20, 2022

The Wisdom to Walk Away from Self-Judgment

Key Lesson: No one is free who has an ax to grind with any other person, let alone who grind themselves down with painful self-judgment believing, in vain, that self-punishment is somehow connected to self-perfection.

Talk Takeaways

- Whatever remains concealed can never be healed. What remains concealed is the cause of the conflict we have with ourselves and others.
- Self-judgment guards the door to self-renewal, convincing us that protecting the old is preferable over the new.
- Revelation of similarity to your neighbor is what leads to compassion and the end of conflict.
- One of the reasons we listen to the judge in ourselves is that it seems to give us something useful to do with our lives, something to fix.
- Self-judgment, disguising itself as a helpful friend, makes us the prisoner of an endless struggle.
- The internal judge admires and hates itself at the same time. You could not hate your own inadequacy unless you also loved the judge that is superior to what is being judged.

- The Divine does not judge anyone. "He maketh the sun to shine upon good and evil alike." The Divine reveals, but the judge rejects the revelation.
- Ambition is the act of being judged and found guilty of not living up to the images produced by a consciousness that never stops judging itself.
- A judge that has a stake in the case being judged cannot be impartial. The internal judge always has an ulterior motive.
- It is impossible to be negative towards another person unless there is an unconscious comparison of that person to what the mind says they should do or be.
- Resistance to any moment is the judgment of it. Therefore the judge does not exist until there is unconscious resistance. "You" are not the judge that resists the moment.
- Anytime something in you is judging you, you are listening to the wrong parts of you acting as judge, prosecutor and jury, and you need to understand that you do not need to participate in that trial.
- We listen to the judge in ourselves so often that we don't know who we are without the judge telling us.