



SUNDAY, SEPTEMBER 4, 2022

How to Free Yourself from All Forms of Painful Self-Judgment

Key Lesson: The harsh, or otherwise cruel judgment of ourselves feels like it's part of what's necessary to perfect ourselves...when, in truth, it's actually a mechanical movement of an unconscious mind punishing itself for not being as it's imagined it's supposed to be.

Additional Key Lesson: The judgment of any revelation - meaning our reaction, and identification with it - always BEGINS with some form of unconscious resistance to it.

Talk Takeaways

- As a rule, human beings know more about their iPhone than they know about the 'i' that is running their lives.
- It is never useful to judge another person. It is never useful to judge yourself.
- Nothing ever changes when you judge yourself. And judging yourself is not the same as seeing a true fact about yourself.
- The more that you judge yourself, the easier it becomes to judge yourself.
- Whenever you judge yourself you are essentially being accused by a divided consciousness of not living up to an image of what you are supposed to be. There is always pain in self-judgment.

- It makes perfect sense to a divided consciousness to resist and then punish itself for being what it is.
- A moment cannot be resisted unless something in you believes that you are something other than what is being revealed in that moment.
- A judge believes that it is separate from what it is judging. But a judge cannot exist without what it is judging. The separation is an illusion.
- Judgment and an image always come together as a package. Similarly, identification and resistance are one and the same thing.
- The mind becomes more and more quiet the more that you see the judge, prosecutor, defense attorney, jury and the entire courtroom scene operating within you.
- The real struggle is not to imagine a better you, but to expose the consciousness that derives its life through imagining what it should be.
- The pain in the revelation of something in yourself is an effect of the thing being revealed resisting the revelation and the moment connected with it.
- The dismissal of punishing parts of yourself is inherent in the awareness of those parts. The proper dismissal of those parts that punish you is NOT resistance of those parts. It is awareness of them.