



SUNDAY, NOVEMBER 24, 2024

How to Stop Judging Yourself and Others

Key Lesson: Every shocking revelation that we are given to see about ourselves is - at its heart - an unseen act of mercy; it is the herald of an order of forgiveness unimaginable to the human mind.

Talk Takeaways

- The interior path does not necessarily change what you do with your life, but it will change the reason why you do it.
- "'Master, which is the great commandment in the law?' Jesus said unto him, 'Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets.'" -- New Testament
- Every law that is made to resolve a conflict creates more conflict, which then requires the creation of more laws to replace the law that did not work.
- You will never be free as long as you have anyone in your life that you cannot forgive. The beginning of forgiveness is understanding the nature of the judge.
- You cannot separate the judgment of others from judgment of yourself.

- The distance between yourself and the person that you judge is the perceived difference between you and that person.
- Only in imagination can there be a difference between yourself and what you see outside of yourself that you judge.
- The judge is happy when it is certain about who or what is the cause of its pain.
- Judgment of the moment (the other person, the event), and judgment of yourself... are one thing.
- Your experience of the moment cannot be separated from the meaning you have given to that moment. You are judged by the meaning that you give to the moment.
- "From unreality lead me to the real, from darkness to the light, from death to immortality." -- Upanishads
- The judge needs to see what it doesn't like so that it can continue on as the judge, and so that it can always have something to fix.
- New Testament: "No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon." The two masters are a single unconscious nature that is divided.
- An instantaneous negative reaction cannot be separated from an unconscious desire.
- The more conflicted an unconscious nature is, the more solutions it has to its conflict. It never stops trying to save itself from its own solutions.
- Are you separate from the reflection of yourself that you see in the mirror? Everything you see outside of yourself is a mirror.
- Learn to see the judge and what is being judged at the same time, as one thing. That is where forgiveness starts.
- The healing that an unconscious mind imagines is the continuation of its suffering.