

Judgment Release

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Part 8 of 27.

Judgments

Everything is a part of
your learning experience.

Denial does not open space for
improvement because it denies
that which could teach it.

Denial is held in place with
judgments and emotional control.

Judgments do not open space for
improvement because they substitute
criticism and the rigidity of labels
for good advice and discernment.

Judgment is not the same
thing as discernment.

Discernment can draw on past experience,
but it also notices the differences.

Judgment release is necessary
because Spirit and Will cannot find
alignment in an energy field locked
up by judgments.

The inner conflicts that have been
keeping attunement away have
been misunderstandings.

However, if true understanding is to come
full attention to the conflict is necessary.

Past experiences are a source of wisdom,
but judgments give false wisdom
because they do not see the situation
for what it really is.

Judgments also say that the next experience
will be the same as the last experience.

This is the same as saying that nothing
has been learned and also that there
is nothing to learn that could change
things for the better.

Judgments are rigid thought forms
attached to the thinker.

Resistance

If you judge your experiences rather than
understanding and accepting them,
you lock the energy into rigid patterns
of perception that take your focus
away from what could help you grow.

Each time the judgment is made again
and the emotions around it
remain unmoved or intensify,
the thought form intensifies.

For example, "I am a nice person" is
a judgment and a label in place
of compassion and introspection
that could realize why you could
have this judgment against yourself.

When negative judgments are held against
the self, repetitious experiences
will reflect those judgments.

Resistance to what is held there can sooner
or later build up pressure and what
is held until it may burst forth
as an explosion in which the
judgments usually spew forth,
propelled by denied emotions.

This is learning by resisting the lessons
until you meet your match.

Reiterating the judgments intensifies
them while seeming to prove these
judgments to be correct.



Intense judgments are usually made with a wave of strong emotion when a person's usual sense of things is overwhelmed and there is a feeling of needing to push back to make sense of the situation, or to define the judgments.

While judgments do label and structure the situation and can give a person a sense of making sense of things, they are also limiting.

In this way, feelings of not having enough understanding or personal power are compensated for by imposing misunderstandings and judgments that bring an illusion of understanding, power and control.

Holding rigid energy patterns that must be broken through by intense experiences is not the only way to learn.

Judgments are not necessary steps on the way to understanding.

Judgments obscure the ability to use discernment.

Acceptance

Discernment and observation and evaluation, learning and experiencing can all take place without judgment.

Judgments simplify and are rigid.

Judgments are outside of time.

They exist after the experience in which they were made and when the judgments remain, they have the power to influence future experiences to conform to the judgments.

This limits your possibilities.

Some people need to release judgments before they can accept another possibility or allow their emotions to express.

Others need to let their emotions express until they feel ready to release judgments.

Do not judge your approach.

It may be one way sometimes and another way at other times.

Self-acceptance is a necessary component of genuine judgment release.

Heartfelt self-forgiveness has a powerful effect on a person's energy field, but it is also important to use the words that feel right to you at the time.

Silent internal release of held beliefs and judgments is helpful, however saying the words out loud adds the aspect of manifested vibration.

Since this entire creation is vibration based, actual voicing your release can have a more profound effect than silent release.

Release of judgments helps to free the energy that is locked up.

Releasing held judgments can be done by saying to yourself in whatever way appeals to you that you no longer wish to limit yourself with a particular belief.

For example, you could say,
"I forgive myself for believing..."
or "I release the judgment that..."
or "I no longer believe that..."

There are many judgments that need release from the smaller events to the major themes in your life.



Some examples are, "I forgive myself for
judging and believing for so long
that she can never be pleased...
that he never listens...
that I can never be really free...
that anger is destructive."

Releasing judgments in this way appears
so simple, but truly releasing them
is not a matter of just saying words.

A real shift in how you feel
must also take place.

Habit Patterns

There is so much long standing conditioning
that it can take quite some time
to shift some of these patterns.

Consider the impact of societal habit patterns
that speak in pronouncements and
reinforce the conditioning.

How then to stop judging?

Judgment is something you need to feel.

Your feelings can tell you when you
are making a judgment and just
feeling judgmental can be enough
to create judgments in yourself.

True understanding can replace judgments
and habitual responses when you
can recognize and release the judgments
and give free expression to the emotions
that have been held there,
then self-forgiveness can come from
a place that is real and deeply felt.

In the way that it is the Spirit
and not just the letter of the law,
intent also determines the
judgmental quality.

If love and acceptance are present,
it is possible that statements may
have seemingly judgmental words
without being an actual judgment.

This can include pure humor
that does not project
buried undercurrents.

To know that so many people have
become conditioned to speak
in judgments, it can be very helpful
to relearn ways of speaking so
that pronouncements are not being
made when you say something.

Lost energy, lost love, lost power,
lost anything is the result of denial
of aspects of the self,
of holding them away from you
instead of accepting them.

What was lost can return when
you forgive yourself for
denying it, accept it and understand
the possibilities for evolution there.

Forgiveness

This can mean forgiving yourself for behavior,
but more often it means forgiving yourself
for the judgments you placed against
yourself for that behavior.

You can avoid making further judgments
by speaking specifically,
rather than projecting your present
opinions or assessments of a situation
into the future with your words
as though this is how it is
going to be forever.

The following are some statements that have
been believed to be reality,
but actually are judgments.

It is a sin to love self.

One must love only God.

God does not talk to people like me.

If I think I hear voices,
I will be labeled crazy.



No one is going to accept me unless
I conform to their expectations.

Everyone has to compromise to get
along in the world.

If I have it my way,
I am being selfish.

There is no way out of death or taxes.

I have to die of something,
so I may as well enjoy myself.

There is a certain order to things on Earth,
and I cannot go outside it.

The Earth has settled down,
so big upheavals are in the past.

So many people have prophesized things
that have not happened,
that no one can predict the future.

God does not work miracles on Earth
anymore, so maybe he never did.

Reality stays pretty much the same.

This reality is the way it is,
the way it has always been
and the way it will always be.

Judgments are a way of giving
conditional acceptance.

When the actuality has seemed so
overwhelming or unacceptable,
people can want to insist that their
judgments are the actuality.

This is denial of making judgments.

However, sometimes people are not ready
to face the actuality of certain
experiences or the feelings surrounding
them, even though denial has been
a survival mechanism at those times,
if the intention is for full healing,
these denials have to be faced,
accepted and understood when
the person is able.

Since making judgments stops the
situation from changing and sets
you up to repeat situations that
are held within the framework
of your judgments.

This has the effect of reducing
your perceptions of reality
to something that may have seemed
more manageable at the time the
judgments were made.

As I said, these judgments are often
forgotten, mistaken for reality
and lost into the subconscious.

These situations will repeat until you
realize that you are not getting
the evolution, change or personal
growth that you want in your life.

