

The Mirror of that Which is Judged

This mirror reflects to us where we tend to hold judgment, often reflective of our own values and standards in life.

When we judge others it reveals more about ourselves and where judgment comes from.

Each time we judge someone it reveals:

1. something that you need to heal or change within yourself,
 2. something you want to have in your life
- OR
3. something that you want to avoid or it doesn't align with your values

How and why we judge others impacts our spiritual journey and overall well being.

While we intrinsically size up other people as part of our fight or flight instinct to protect ourselves, when we become overly critical, it can cause us to be more self-critical. By constantly seeing the bad in others, we train our minds to find the bad in all things. This can lead to increased stress. Stress can weaken the immune system and cause high blood pressure, fatigue, depression, anxiety and even stroke.

Judgment is the separation from Love. This separation from love can be the result of a traumatic experience or even a seemingly insignificant event. By healing judgment and having awareness of our judgment it helps us become mindful, let go of resentments, face adversity with curiosity and love, and forgive ourselves and others more easily.

Healing Judgment starts with acknowledging that we do it. Then we can move toward releasing judgment and healing ourselves.

This is where keeping a log or journal of when and what you are holding judgment for can be helpful.

Exercise

1. Using the relationships that you reviewed in the first Mirror exercise, now identify whether or not those patterns of behaviors are showing up due to judgment that you hold for those behaviors or actions.

2. Questions to ask are: Does this behavior trigger me (cause and emotional response) because: (List the behaviors below)
 - a. Is it something that I need to heal or change within myself?
 - b. It's something I want to have more of in my life or I want to be like?
 - c. Or is it something that I want to avoid or doesn't align with my values?
3. Steps to releasing and healing judgment
 - a. Know where you hold judgment, identify the triggers underneath it and get honest about how it makes you feel.
 - b. Honor the emotions and shadows this brings up for you. Name the feelings.
 - c. Hold the desire to give up judgment in your heart.
 - d. Cultivate your compassion for others, releasing any ties to past wounds.
 - e. Use meditation and/or visualization to cut any bonds or ties you may have to the judgment/wound sending our love.
4. As you begin to heal judgment, what change do you see in your relationships?

Judgment Log

Keep a log of the times you hold judgment for others. Do this as you are working through healing from judgment. As you heal, you will see that you hold less and less judgment.

Include person, time, date. What were you judging? (actions, behavior, etc.) Why were you judging? What emotions came up for you? What did you do to 'heal' this judgment?

