

## How Judgmental are you?

By Rev. Toni Brasted

*"Judge not, that you be not judged. For with what judgment you judge, you will be judged; and with the same measure you use, it will be measured back to you" (Matthew 7:1-2).*

We frequently affirm that everything that God does or allows to happen is perfect, because he is perfection. However, we are quick to judge everything and everybody around us. It has become a habit ... most of the time we do not mean what we say, but we judge anyway. We go around saying things like: What terrible weather, it is too hot (or too cold), this driver in front of me is stupid or that woman is too fat, and so on. What about death? Don't we always have a better way to go? It was too soon. It took too much suffering. It was too sudden.

The same judgment goes for disability. It does not matter how it was acquired, we always will have a comment like he/she does not deserve it. What a stupid thing to happen. How come it could not be prevented? It is amazing how easy we get into judgment and how easy we forget our belief that "God allows things to happen honoring his perfection"

It gets worse when we engage in conversation judging other people action or reaction to certain situations. We, somehow believe that we know what is best for each person we meet. We somehow have the perfect formula for each life. We may catch ourselves saying things like, "She should be going to school instead of wasting time with that hobby. How come she does not see that the guy is a loser? It won't work ... She/He is too old for him/her. That deal won't come true. How does she stay with that guy, It is obvious he does not love her". The list could go on and on, but the examples above are enough to serve as a wake up call to alert us for the need to watch our thought and our words, because we very often forget the perfection of the universe.

Each one of us, with no exception, is on the earth for a very short period of time with a very special purpose: To grow and develop spiritual strength. The only way to accomplish that is through experience. Therefore, there is no mistake; there is no right or wrong,

but only experiences. There are experiences that are joyful, beautiful, and happy and there others that are sad, ugly, painful and even grotesque. But they are all experiences and consequently the most ugly and painful one has as much value as the most beautiful and joyful one. It is not our place to judge anyone or anything, because in our limited vision, we only see the present moment, we can not see the path of that soul. The drunk man sleeping everyday on the street, might be a soul on a mission to wake up some hard heart to compassion. The father that allows his kids to disturb us in the airplane, might be "out of it" because he is traveling back from his wife funeral, the battered woman that stays with her abusive mate, might be a soul in search for perfection through the mastering of resignation and forgiveness. The loved one that departs too young, might be a soul on a mission to teach us to value our lives. The disability might come to us to teach us to slow down and teach others to value their abilities. Let's remind ourselves to look at things with spiritual eyes. Trust God for unseen things and know that He is aware of what is happening with each person and circumstances. Leave the results up to Him.

Pray for forgiveness when you find yourself being judgmental or critical. Then ask God to forgive the other person(s) who may have annoyed you, as you plan to forgive them. This releases them to God so that He is able to work in their hearts more freely. This also releases YOU from your aggressor and sets you free.

In an interview with NIGHTINGALE-CONANT, speaking about his program on tape "Magical Mind Magical Body", which I highly recommend to everyone interested in understand how the mind-body connection works, Dr. Deepak Chopra stated:

"Your body is a 3-D projection of your current state of mind. Your slightest shift of mood is picked up by every cell, which means that you do not think with your brain alone - all 50 trillion cells in your body actively share your thoughts. At the level of the quantum mechanical body, you are a constantly flowing river of intelligence"

Dr. Chopra's comment reminds us that we are responsible for our thoughts. Every time we have a judgmental thought, we start a chain reaction that spins in the universe and has to land somewhere. Most of the time, it will come back to us in the form of judgment from others.