



A Course in Miracles Mentoring ©

DAY 22 – Self-Judgment & Criticism

Key Topics:

- Judgment brings pain, refusing to judge brings peace
- Holy Spirit makes every decision for the whole Sonship
- You have Help that knows the answer
- Judgment of anyone is a judgment against God
- It's time to unlearn isolation

Judgment brings pain, refusing to judge brings peace

Many people believe that judgment and criticism are necessary, justified, or even required in order to lead a normal, rational, organized life. A Course in Miracles teaches that any form of judgment of yourself or anyone else, blocks your awareness of your True Identity and oneness with God. In Chapter 3.VI, it says, “You have no idea of the tremendous release and deep peace that comes from meeting yourself and your brothers totally without judgment. When you recognize what you are and what your brothers are, you will realize that judging them in any way is without meaning. In fact, their meaning is lost to you precisely because you are judging them. All uncertainty comes from the belief that you are under the coercion of judgment. You do not need judgment to organize your life, and you certainly do not need it to organize yourself. In the presence of knowledge all judgment is automatically suspended, and this is the process that enables recognition to replace perception.” ACIM Ch.3.VI.3

Holy Spirit makes every decision for the whole Sonship

The Course teaches that the Holy Spirit always decides for the Sonship (i.e., the population) as a whole. Decisions orchestrated by Divine Wisdom are always directed in such a way that everyone benefits and there is no loss. Divine Wisdom knows everything in the past, present, and to come, along with every detail of how everything should work together for the highest benefit of all. This is why all judgment and decision making should be left to the Holy Spirit, your Teacher of Peace, at all times.

In Chapter 14.III, it says, “**Whenever you choose to make decisions for yourself you are thinking destructively and the decision will be wrong.** It will hurt you because of the concept of decision that led to it. It is not true that you can make decisions by yourself or for yourself alone. No thought of God's Son can be separate or isolated in its effects. **Every decision (made by the Holy Spirit) is made for the whole Sonship, directed in and out, and influencing a constellation larger than anything you ever dreamed of.**” ACIM Ch.14.III.9

In truth, you cannot judge

In truth, you cannot judge because from your vantage point, you do not have sufficient information to form an accurate judgment about anyone or anything. Fear is like a fog around your mind and while your mind is still invested in fear, this distorts your perceptions and judgment.

Every time you judge yourself or someone else, the judgment you make is based on limited information drawn from your past and from your own perceptions (or misperceptions) of what is true. The Course advises that not only is judgment a bad idea, you will always be wrong because you cannot know the best answer for everyone in any given situation. It is always wise to turn to the Holy Spirit, your Teacher of Peace, for all guidance and decision making.

You have Help that knows the answer

In Chapter 14.III, it says, “It will never happen that you must make decisions for yourself. You are not bereft of help, and Help that knows the answer. Would you be content with little, which is all that you alone can offer yourself, when He Who gives you everything will simply offer it to you? He will never ask what you have done to make you worthy of the gift of God. Ask it not therefore of yourself. Instead, accept His answer, for He knows that you are worthy of everything God wills for you. Do not try to escape the gift of God He so freely and so gladly offers you. He offers you but what God gave Him for you. You need not decide whether or not you are deserving of it. God knows you are... Make no decisions about what it is or where it lies, but ask the Holy Spirit everything, and leave all decisions to His gentle counsel.”

ACIM Ch.14.III.11. 12.6

Say to Holy Spirit, “Decide for me,” and it is done

Instead of judging yourself or someone else, or making a decision that you will later regret, you can learn this new response that will always lead you away from pain and directly towards peace. **“Say to the Holy Spirit only, “Decide for me,” and it is done. For His decisions are reflections of what God knows about you, and in this light, error of any kind becomes impossible.** Why would you struggle so frantically to anticipate all you cannot know, when all knowledge lies behind every decision the Holy Spirit makes for you? Learn of His wisdom and His Love, and teach His answer to everyone who struggles in the dark. For you decide for them and for yourself.” ACIM Ch.14.III.16 I have used these words at least a thousand times and I’ve found that you cannot wear them out. Each and every time you use them, you can count on them to pave the way for a peaceful outcome.

Judgment of anyone is a judgment against God

This might be a tough one to swallow, but every time you judge yourself, you are judging God, and every time you judge another person, you are judging God. This is not something to feel guilty about. It is something to be aware of, because if you are judging God, you will unknowingly turn away from your own Divine Inheritance and Source of Love, Power, Wisdom, and Abundance. You might think of it this way, “How can a plant flourish and grow if it were able to decide against its own root system? The truth is that you need your Source, being God the Creator, in order to thrive in everything you do. Judgment against anyone, including yourself, will only delay your happiness, peace, and abundance.

In Chapter 14.III, it says, “Seek not to appraise the worth of God's Son whom He created holy, for to do so is to evaluate his Father and judge against Him. And you will feel guilty for this imagined crime, which no one in this world or Heaven could possibly commit... What cannot happen can have no effects to fear. Be quiet in your faith in Him Who loves you, and would lead you out of insanity. Madness may be your choice, but not your reality. Never forget the Love of God, Who has remembered you. For it is quite impossible that He could ever let His Son drop from the loving Mind wherein he was created, and where his abode was fixed in perfect peace forever... **In everything be led by Him, and do not reconsider. Trust Him to answer quickly, surely, and with Love for everyone who will be touched in any way by the decision.**”

ACIM Ch.14.III.15.1-2, 4-8, 17.4-5

It's time to unlearn isolation

“You taught yourself the most unnatural habit of not communicating with your Creator. Yet you remain in close communication with Him, and with everything that is within Him, as it is within yourself. Unlearn isolation through His loving guidance, and learn of all the happy communication that you have thrown away but could not lose. **Whenever you are in doubt what you should do, think of His Presence in you, and tell yourself this, and only this: He leadeth me and knows the way, which I know not.** Yet He will never keep from me what He would have me learn. And so I trust Him to communicate to me all that He knows for me. Then let Him teach you quietly how to perceive your guiltlessness (and everyone else's) which is already there.” ACIM Ch.14.III.18-19