



Personal Online Coaching ©

DAY 22 – Self-Judgment & Criticism

Key Topics:

- Judgment and the Authority Problem
- You did not create yourself
- Your “library of the past”
- Are you willing to give up the “desire to reject”?
- The strain of constant judgment is virtually intolerable
- The fundamental question of authorship

Judgment and The Authority Problem

This may or may not come as a surprise, but every time you judge anyone or anything, you are declaring yourself to be the “author or authority” over what you judge. This is the sneaky way that your ego eliminates God (in its mind) and declares its righteous and ruling power over everything. **Either God is the Creator of All-in-All, or you are. Both cannot be true.** As you choose to align with one, you forfeit your awareness of the other. Your ego’s sole function is to prove that God does not exist and that you (i.e., your ego) is the author and creator of everything.

In Chapter 3.VI, the Course says, “The issue of authority is really a question of authorship. When you have an authority problem, it is always because you believe you are the author of yourself and project your delusion onto others. You then perceive the situation as one in which others are literally fighting you for your authorship. This is the fundamental error of all those who believe they have usurped the power of God. **This belief is very frightening to them, but hardly troubles God. He is, however, eager to undo it, not to punish His children, but only because He knows that it makes them unhappy.** God’s creations are given their true Authorship, but you prefer to be anonymous when you choose to separate yourself from your Author. Being uncertain of your true Authorship, you believe that your creation was anonymous. This leaves you in a position where it sounds meaningful to believe that you created yourself. The dispute over authorship has left such uncertainty in your mind that it may even doubt whether you really exist at all.” ACIM Ch.3.VI.8

The ego wants to control and be the judge of everything, and to assign guilt or blame wherever possible. This is the way it tries to feel powerful, when in truth, it has no power of its own. If you align with your ego, you will feel tempted to judge frequently.

You did not create yourself

God is the one True Cause and you are the effect of the Cause. You, being an effect, cannot be anything other than what the Cause intended you to be. God created you as loved, happy,

whole, complete, safe, innocent, and provided for. By judging yourself or anyone else, you are denying your True Self, and are also judging and denying your Creator. Some people feel that putting themselves down is a sign of humility. A Course in Miracles teaches that true humility occurs when you accept your True Identity, as given by God, Himself. It is arrogant to decide against yourself in any way, because at its root, this is a judgment against your own Creator. One of my favorite quotes in the Course is this one, **“Humility will never ask that you remain content with littleness. But it does require that you be not content with less than greatness that comes not of you.”** T-18.IV.3

Your “library of the past”

Judgment leads to misperception, and knowledge (as offered by the Holy Spirit) leads to Peace. Every time you judge anything, you are always drawing your information on which to judge, from the past. Everything you know right now is based on your past learning and experiences. There is nothing you know in the present, if you draw from your own level of understanding. This means that for anything you see, or for anyone you meet, you will always turn to the “library of the past” in your mind, and you will try to determine what it means based on what you already know. Do you see how this can easily lead you to drawing the same wrong conclusions and making the same mistakes over and over again?

The strain of constant judgment is virtually intolerable

In Chapter 3.VI, the Course says, “When you feel tired, it is because you have judged yourself as capable of being tired. When you laugh at someone, it is because you have judged him as unworthy. When you laugh at yourself you must laugh at others, if only because you cannot tolerate the idea of being more unworthy than they are. All this makes you feel tired because it is essentially disheartening. **You are not really capable of being tired, but you are very capable of wearying yourself. The strain of constant judgment is virtually intolerable. It is curious that an ability so debilitating would be so deeply cherished.** Yet if you wish to be the author of reality, you will insist on holding on to judgment. You will also regard judgment with fear, believing that it will someday be used against you.” ACIM Ch.3.VI.5

Are you willing to give up the “desire to reject”?

This is a question I had to ask myself, once I learned why my ego was so eager to judge everything. The ego judges everything in an attempt to usurp the power of God. Once I learned what all the underlying judgment was about, I had no interest in staying on that team. I decided to give up my “desire to reject”. I still judge and reject what I see from time to time, but I am much quicker in catching myself. I know when I am judging something or someone based on how I feel. If I feel frustrated, angry, sad, disappointed, confused, or any other negative emotion, then I am judging something or someone. Since all judgment delays happiness, I quickly redirect my thoughts and I open a wide space in my mind for Holy Spirit to offer me knowledge in the place of my judgments. I look forward to the day when I am free of any desire I have to judge or reject anything. With Holy Spirit as my Guide, I can safely go anywhere or meet anyone, without the need for judgment or fear.

“Only those who give over all desire to reject can know that their own rejection is impossible. You have not usurped the power of God, but you have lost it. Fortunately, to lose something

does not mean that it has gone. It merely means that you do not remember where it is. Its existence does not depend on your ability to identify it, or even to place it. It is possible to look on reality without judgment and merely know that it is there.” ACIM Ch.3.VI.9

The fundamental question of authorship

“Peace is a natural heritage of spirit. Everyone is free to refuse to accept his inheritance, but he is not free to establish what his inheritance is. The problem everyone must decide is the fundamental question of authorship. **All fear comes ultimately, and sometimes by way of very devious routes, from the denial of Authorship. The offense is never to God, but only to those who deny Him.** To deny His Authorship is to deny yourself the reason for your peace, so that you see yourself only in segments. This strange perception is the authority problem... Instead of "Seek ye first the Kingdom of Heaven" say, "Will ye first the Kingdom of Heaven," and you have said, **"I know what I am and I accept my own inheritance."**

ACIM Ch.3.VI.10, 11.8