



A Course in Miracles Mentoring ©

DAY 50 – Judgment & Persecution

Key Topics:

- The harsh words of judgment can feel like a knife to the heart
- Bowling Balls from Heaven™
- Pain indicates that you are looking at one of your bowling balls
- Do not attack or defend
- Question the belief
- Be vigilant in your stand for the truth
- Bless your Saviors for they are trying to release you
- Hear your story in the dream you made
- Judge not, and you will awaken
- The dream of judgment is changed into a dream of joy

The harsh words of judgment can feel like a knife to the heart

When you are judged or persecuted by someone, it can leave you feeling guilty, powerless, rejected, or deficient. The harsh and stinging words of judgment can feel like a knife to the heart or a punch to the gut, sometimes more devastating than a physical wound. You will find that judgment will bother you most when the other person uses words that reflect your beliefs about yourself. The words will hurt (a little or a lot) depending on the level of agreement there is in your own mind.

Here's an Example:

Let's say that a loved one of yours says that you are unreliable or a bad influence, and they just don't want you in their life. It is tempting to use these words to bring you to your knees if you believe that these words are true. If another person says something in judgment that you don't relate to, then you will tend to question them instead of yourself.

Bowling Balls from Heaven™

Another metaphor I use in teaching is called, "**Bowling Balls from Heaven™**". Imagine that you have a satchel of bowling balls slung over your shoulder, and each bowling ball represents a big, ugly belief that you have about yourself. Let's say that you feel unloved, unworthy, overweight, unattractive, and inadequate as a person. That is five bowling balls right there. You might have been carrying these balls for a long time and they are heavy, and at times, they can be excruciatingly painful.

In order to get these ugly beliefs out of your bag and off your shoulder, “other people” must reach into your bag and show them to you, one by one. If you attack or defend yourself when you see the ball, it means that you still believe the belief, and therefore, it must be returned to your bag. If you are willing to question the belief when it is presented to you, then the ball can be released from your bag, and you will be free of it for good. In our previous example, your loved one told you that you are unreliable and a bad influence, and they just don’t want you in their life. If you agree with their assessment, you will find that this statement will hurt far more than if you cannot relate to it. The pain you feel from their judgment is an alert that one of your bowling balls is being presented to you. Here are the steps you need to take if you want to release the bowling ball (i.e., your ugly belief) from your bag:

- **Pain indicates that you are looking at one of your bowling balls**

The moment **you feel pain** from what another person said to you in judgment, pause and remind yourself that they are showing you one of your ugly beliefs about yourself, and if you will question it, instead of attacking or defending yourself, the ball can be released and let go.

- **Do not attack or defend**

When you feel hurt or judged, you will be tempted to attack the other person or defend yourself against their judgments, however this will ensure that the bowling ball will be returned to your bag. If you attack, you might say something like, “How can you say that to me? You have done worse things than I have”. If you defend, you might say, “I have been so good to you all my life, how can you say this to me?” Either way, you will attack or defend only what you believe to be true, and your underlying belief is what determines whether your bowling ball will be released or returned to your bag and represented at a later time. A Course in Miracles teaches that these “other people” are your Saviors because they (unknowingly) show you your unhealed beliefs about yourself. You would not even know you are carrying these unhealed beliefs about yourself, if someone else wasn’t willing to present them to you. Most of the time, you will find that the bowling balls get presented by your inside circle (i.e., close family and friends), however people beyond that circle are willing to participate as well.

- **Question the belief**

If you want the pain to stop, then you must “**question the belief**” when the judgment is presented to you. The moment **you feel a twinge of pain from the judgment you are presented with**, you can say this to yourself: *“I am looking at (or listening to) one of my beliefs about myself and I want the truth instead of this. Thank You, Holy Spirit, for healing my mind of any thought that I could be unreliable, rejected, or a bad influence. I am as You created me; pure light, love, goodness, and a blessing to all.”* This reclaiming of your True Self (in the midst of the judgment) prompts the other person to drop the ball. The ball is returned to your bag only when you believe that their judgment is still true.

Be vigilant in your stand for the truth

Be vigilant in your stand for the truth of who you are, even if you don't quite believe it yourself yet. Your declaration of who you are, especially in the midst of judgment, is a strong invitation to the Holy Spirit, your Teacher of Peace, to heal your mind of all delusions about yourself. In truth, you are God's Holy Son, Eternal Spirit; free of all limits, safe, and healed and whole, free to forgive and free to save the world.

Bless your Saviors for they are trying to release you

Today, you can be willing to bless your Saviors (i.e., those loved ones of yours) that are so helpful and willing to show you your unhealed beliefs about yourself. You might think of them as loving you so much, that they are willing to do the "dirty work" for you. Once the ugly belief you have about yourself is questioned and rejected (by you), the ball can be released from your bag and the weight of your burden will be undone forever. Be sure to not pick it back up again.

Hear your story in the dream you made

"The slave of idols is a willing slave. For willing he must be to let himself bow down in worship to what has no life, and seek for power in the powerless. What happened to the holy Son of God that this could be his wish; to let himself fall lower than the stones upon the ground, and look to idols that they raise him up? Hear, then, your story in the dream you made, and ask yourself if it be not the truth that you believe that it is not a dream." ACIM Ch.29.IX.1

Judge not, and you will awaken

"A dream of judgment came into the mind that God created perfect as Himself. And in that dream was Heaven changed to hell, and God made enemy unto His Son. How can God's Son awaken from the dream? It is a dream of judgment. **So must he judge not, and he will waken.** For the dream will seem to last while he is part of it. Judge not, for he who judges will have need of idols, which will hold the judgment off from resting on himself. Nor can he know the Self he has condemned. Judge not, because you make yourself a part of evil dreams, where idols are your "true" identity, and your salvation from the judgment laid in terror and in guilt upon yourself." ACIM Ch.29.IX.2

The dream of judgment is changed into a dream of joy

"Judgment is an injustice to God's Son, and it is justice that who judges him will not escape the penalty he laid upon himself within the dream he made. **God knows of justice, not of penalty.** But in the dream of judgment you attack and are condemned ...The real world still is but a dream. Except the figures have been changed. They are not seen as idols which betray... And what was once a dream of judgment now has changed into a dream where all is joy, because that is the purpose that it has. Only forgiving dreams can enter here, for time is almost over. And the forms that enter in the dream are now perceived as brothers, not in judgment, but in love." ACIM Ch.29.IX.3,7