



Miracles in Personal Coaching ©

DAY 50 – Judgment & Persecution

Key Topics:

- Judging others can easily become a habit
- Would you rather be right or happy?
- Projecting and validating – an endless cycle of pain
- You may not think that you are negative or judgmental
- You must ask for the healing of your thoughts
- You are the creator of the world you see
- Bear-traps from the past must be neutralized
- EFT Exercise – Releasing Judgment Against Another
- Forgiveness is acquired
- Join me in the practice of not judging for 24 hours

Judging others can easily become a habit

When you think about judgment and persecution, your first thought might be about other people. It is those “other people” that are so negative and those “other people” who are in judgment. Today, you might consider the judgments and negativity that you are allowing to flow through your own mind. Perhaps there are times when you persecute others and you don’t even realize it. **Judging others can easily become a habit.** The ego represents the part of your mind that loves to judge everyone and everything, and it is this part of your mind that has accepted the false idea that you are separate from God. Your ego is committed to the idea of separation, and it will do everything it can to convince you that you are separate from others. In order to hold your attention, your ego will barrage you with insolvable problems, and people who will validate and mirror your unhealed beliefs back to you.

Here’s an example:

Let’s say you believe that other people take advantage of you. **If you are convinced that this is true, then other people will show up and validate to you that you are right.** As part of this example, let’s say that a loved one has a habit of placing burdens on you that they could easily handle for themselves. The moment they place another burden on you, you will be tempted to go straight to your belief and validate it. This cause and effect relationship of holding a belief and then assigning other people to mirror it to you, is fueling your negativity, your desire to judge, and your need to be right.

Would you rather be right or happy?

A Course in Miracles asks if you would rather be right or happy. Whenever you hold a judgment or a negative belief, other people will show up to mirror it back to you. This is the result of cause and effect. Then, when they play the role you have assigned to them, you will judge them for it. This can happen many times a day.

Examples:

- If you believe you live in an unsafe world, you will turn on the TV just when the news is reporting the latest crimes, accidents and murders, and you will be tempted to shake your head and reinforce your belief all over again.
- If you believe the economy is getting worse, then the next person you see is likely to share how they lost their job due to the unstable economy.
- If you are worrying about your business, then it would not be surprising if one of your biggest clients suddenly decides to go elsewhere.
- If you have a belief that you don't have enough money, then you will get to be right when it is time to pay your rent or mortgage.

Being right about your beliefs can be frustrating, painful, and even scary. In Chapter 8.VIII, it says, **"The ego does not call upon witnesses who would disagree with its case..."**

Projecting and validating – an endless cycle of pain

This cycle of projecting your beliefs, and then validating your beliefs with what you see, is holding you in an endless cycle of pain. It is like you are sitting in a movie theater and the movie that is playing is being scripted in your mind – a projection of your thoughts and beliefs. The movie you see, no matter how painful it is, is not going to change until your thoughts and beliefs are healed. Fortunately, it is not required that you heal your own thoughts. In A Course in Miracles it says that your thoughts must be healed by One Who Knows no error. You are asked to turn the healing over to the Holy Spirit, your Teacher of Peace, and come to Him just as you are. His love and wisdom will heal all the errors in your mind, so you can enjoy the happiness that God created for you.

You may not think that you are negative or judgmental

You may not think that you are negative or judgmental, but think of this: If someone called you and said, **"I need to talk to you."** Is your first thought one of worry or joyful anticipation? If you are in traffic and you are running late for an appointment, is your first thought one of peace (because you Trust God's Plan with every situation) or do you worry that you will not make it on time? If someone at work imposes a project on you, is your first thought one of peace (because you Trust that God's will is your happiness) or do you anticipate a negative experience and get frustrated or angry?

You must ask for the healing of your thoughts

Everything you see is the reflection of your thoughts and beliefs. If you want to have a happy outcome, you will need to make a reservation for peace and ask for the healing of your thoughts. God is pure love and love will never impose itself on you. This is why you must invite your Teacher of Peace to heal your thoughts, otherwise, the healing would be an attack on your mind. In the meantime, there are things you can do to accelerate the healing.

Here's an example:

Let's say you have a belief that someone in your family is irresponsible, and time after time, they have proven you are right. The next time they show up in an irresponsible way, you will need to **pause – and before you judge them or decide you are right about them, you will need to be willing to see them differently**. This is harder than it sounds because you will be tempted to judge them for how irresponsible they are and then reinforce your belief. If you are willing to see them as whole, capable, respectful, caring, and responsible right in the moment of witnessing their irresponsible act, your experience of them as irresponsible will begin to shift and heal.

You are the creator of the world you see

You are the creator of the world you see, along with the writer, director, casting agent, producer, and the starring role. Whatever you decide, you will get to be “right”. Would you like to be right or happy?

Bear-traps from the past must be neutralized

It is challenging to see someone differently, because you still have hurts and wounds from your past experiences. These negative charges (that you are carrying from the past) will convince you that your judgment is right and necessary, and you will use your judgments to help you defend against more pain. I call these negative charges **“bear-traps”**. It is as if you have stepped in a bear-trap in the past and the pain is still with you. Once you release the negative charges from the past with prayer and EFT, it will be easier for you to see the other person as whole and complete, even when they are not showing it to you or they cannot see it for themselves.

EFT Exercise - Releasing Judgment Against Another

Go ahead and tune into that one person you are judging in a negative way. Allow the details to come forward, along with the frustration this person has caused you.

Begin tapping over your heart and say:

- I am aware that I have been judging this person as less than whole.
- I am willing to forgive myself, deeply and completely.

Other side of the chest

- I release all my negative feelings and emotions against this person.
- If I ever decided that this person has caused me pain in any way,
- I am determined to see this differently.

Center of the chest

- I want peace instead of this judgment.
- I want happiness in the place of my resentment.
- I release the past.
- I choose freedom instead of judgment or persecution.
- I am willing to free us both, that we may be in peace.

Take in a long, deep breath

Begin tapping on the karate chop point

- I am willing to see this person differently.
- I am willing to refrain from judging this person and myself.
- Every time I judge another person, I am denying the light of God within them.

Top of the head

- I am learning that I am always choosing between innocence and guilt.

Eyebrow point

- Whenever I see guilt in another, I am reaffirming guilt within myself
- because every other person is one with me.

Side of the eye

- The worst I see in another person is the best I will know within myself.
- I want to see their light, and truth, and innocence
- and the greatness that God created within them.

Under the eye

- I ask for the vision to see beyond this situation and past their appearance.
- I want to see the truth of them, so I can know the truth within myself.

Take a long, deep calming breath

Repeat Tapping Exercise as necessary

Forgiveness is acquired

In A Course in Miracles Lesson 121, it says, “Forgiveness is acquired. It is not inherent in the mind, which cannot sin. As sin is an idea you taught yourself, forgiveness must be learned by you as well, but from a Teacher other than yourself, who represents the other Self in you. Through Him, you learn how to forgive the self you think you made, and let it disappear.” ACIM Lesson 121.6

Join me in the practice of not judging for 24 hours

Will you join me in the decision to stop judging? You can begin by practicing for one whole day. Try to keep from judging other people or situations. Be willing to see other people without a past. In other words, you will need to let go of the “story” you have about them and yourself. It is time to lay the script down. If you see or hear anything that tempts you to go into negativity, criticism, or judgment, pause and say this to the Holy Spirit, your Teacher of Peace:

“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.” ACIM Ch.14.16.1-2