

Ego and Judgment

“Judge not, and ye shall be not judged: condemn not and ye shall not be condemned: forgive, and ye shall be forgiven.”
Luke 6:37 KJV

Viewing Things

Most of us take it for granted that we see life as it really is, and therefore rarely question our view of things. We automatically attach qualities to both people and things. As a result of our subconscious conditioning, we decide rapidly what is beautiful and what is not, who is good and who is not, what is right and what is wrong. We rarely look much deeper in order to recognize that this is our ego-mind superimposing attributes and making instant judgment on everything with which we come in contact.

How many times have we heard that the only thing constant in the universe is change? And yet, we ascribe permanence and solidarity to things through our labeling of them. If we fail to challenge our snap judgment of others, they remain frozen in our memory banks in concert with the label we have given them. We cling to our labels, isolating people and things into our own mental cubicles. In effect, we stick people and things into psychological pigeon-holes, labeled with the primary emotions we've attached to them. We judge things as enemy or friend, helpful or not, nice or unkind, and without our ever recognizing it, we quietly judge whether every event, situation, person or thing, adds or subtracts to our happiness.

Logic tells us that the person who just cut us off on the highway; the one we've just called a “jerk,” is probably loved by others. And, if we can bring ourselves to admit it, those others who love our erratic driver surely have a much different opinion of this person than the one that our snap judgment just labeled him or her. With only a moment's extra thought, most of us should be able to admit to ourselves that we have, in the past, become a friend of someone with whom we originally thought poorly. Most of us received this training when still in elementary school. But never mind this more lofty understanding, because in the moment that we snap judge and label someone, our ego-mind is busy generating what we're convinced is the only one true reality.

We are *addicted* to believing that what we think must be true. This truth of which we are so certain is merely the projection of the attributes we've assigned to everything we come in contact with; the whole of our perceptions to date. If we

dare ponder this for any length of time, we may grasp that every day, and at all times, we're constantly faced with a simple question: Do we love or do we judge?

Do we love or do we judge?

Underlying much of our unhappiness is our immediate reaction to critically define. That response is our unconscious tendency to judge and find life and all within it, not quite good enough. Even as we enjoy a particular event, we frequently vocalize what would make that event better. Without thinking, we have judged the event as somehow lacking. Why do we do this? Because our ego-mind is typically in charge; calling the shots.

Ego

According to psychologists it is the ego that generates most of our thoughts. The ego is the program running in our brain that insists on endless analysis. For the most part, this internal scrutiny is based on emotional content filtered through prior perceptions and conditioning, then colored by fear. Everyone has had the experience of trying to shut off the voice in their head that will just not stop editorializing. Most of us only recognize this as a problem when we're trying to sleep and the voice in our head won't shut up. Have you thought much about this? Are there two of you in your head? Is one of you listening while the other is constantly telling you what's going down?

The ego identifies with the body, mind, and emotions. We all have it. It is the internal program running at the base of the brain that is concerned with physical survival, emotional pleasure, and personal gain. The ego is focused almost entirely on self-interest.

The ego-mind is that part of our psyche or self, which automatically controls basic responses. The ego rules the fight or flight mechanism, along with sexual thought and behavior. It is focused primarily on the body. It is critical by its very nature, scanning its surround, ceaselessly searching for what is wrong. Ego is wholly narcissistic.

The ego invariably insists on being right. In fact, it is so focused on being right it will argue on ad nauseam, rather than admit to being wrong. Being wrong or making a mistake, is a direct threat to one's ego. That's why it is so hard for most people to sincerely apologize; the ego is in control. Psychiatrists, psychologists, and neurobiologists, argue that the ego program is our most primitive self-protection device. It is the internal mechanism that governs primal instincts, including the instinct for survival.

Scientists refer to the root of the brain, where the fight or flight mechanism is located, as the reptilian brain. Admittedly, the reptilian control center may have saved some of our ancestors from being destroyed before they could pass on genes that resulted in us, but it does not serve us particularly well in a more developed society. Being constantly on the look-out for the negative is detrimental to our well-being.

Humans are the only living things on planet earth with significantly enlarged frontal lobes. This is the part of the brain that resides just behind the forehead. It is the largest component of our brain; it is the seat of creativity and reasoned thought. The frontal lobes constitute our higher thinking center, and this is the place that can signal an override of our primitive emotional reactions, our ego driven responses. We override unhelpful emotional overreactions all the time; we do this routinely when we are being objective. However, if we are not in an emotional space of objectivity, the ego-mind runs amok.

When the ego is running the show, it's almost as though we are afraid to give life too much approval, believing that if we do, things will somehow not get better. It's not unlike how some parents literally can't seem to quit telling their children everything to be careful of, for fear they'll ease up and not keep their eye on the ball.

We have a tendency to judge everything we see, hear, or experience. And, because the majority of our thinking is controlled by the ego, that means we're judging most of the time. None of us view things as they really are, we only perceive and understand them through the lens of our pre-existing paradigms - the models through which we view our world. As a result, the ego's judgments are never entirely accurate and are inaccurate more than we would admit.

The ego-mind is our physical protector and that is a good thing, but if left unchecked it expands to a place of hyper-sensitive to both real and imagined slights. To our ego-self there is no difference between physical vulnerability and imagined emotional vulnerability. And for those not clearly and specifically committed to transcending the ego-self, their animalistic self-interest will direct all thought, emotion, and automatic reflex mechanisms. This is the place and space where most people exist.

When we're ruled by ego we're in an emotional place that is not very evolved. Most of us recognize that we need to know more about ourselves, what makes

us tick, why we react the way we do. All of us recognize there are times when we've done things out of pure selfishness. We can do great damage by stupid, thoughtless comments and actions. The ego's domain is not a place where light, freedom, and real happiness can easily exist. Yet even here, where the predominantly self-possessed reside, there are constant glimmers of insight available leading up and out of this space of anxiety, fear, and disease.

For those devoted to self-transcendence, it is valuable to really appreciate that most thinking is of egocentric origin. The ego's primary function is commentary. A primary obstacle to happiness is the constant mental chatter that our ego produces. This lower narcissistic self of ours seems to grab control, and spew a never-ending stream of opinion, rationalization, judgment, and critique. The ego is captivated by its own stories. After all, we are the central character in its play. And the world is all about us... Well, isn't it? ...Our ego-voice is certain of it.

The ego presumes the right to interrupt and interfere with our peace whenever it wants, which is much of the time. It makes observations and delivers opinions on everything. "Look at her hair!" "I'm getting fat." "What an ugly shirt." And, on and on it goes. If we are feeling too peaceful, the ego will fairly soon get our attention by presenting some kind of potentially fearful scenario. In order to develop balance, and really grasp what's happening within, it is important to understand that the ego's stock and trade is fear. This includes insecurities of every description: alarm, phobias, timidity, anxiety, worry, apprehension, misgiving, mistrust, doubt, suspicion, loss, fright, dread, terror, dismay, panic, and all things of a similar nature.

The vibratory frequency where our consciousness routinely resides is reflected in our experience. Feelings are the result of a given quality of thought. For example, if we are easily motivated (perhaps *manipulated* would be a better word), by feelings of insecurity - *fear* by another name - we will experience anxiety and dwell in a place of unresolved emotional stress. When this happens, we tend to withdraw and interpret much of the happenings in the world as frightening. We feel overwhelmed, as our fears beget more fears.

How do we know where our vibratory level of thinking is predominately resonating? Listen to how our closest friends are speaking. Then if you're really brave, listen to the words you are using in routine conversations and especially those conversations where feelings are attached. Take note, whenever one is complaining, blaming, angry, upset, hateful, depressed, or feeling shame,

despair, or humiliation. This is when they or we are projecting our egocentric negative energy onto others and setting ourselves up for more of the same.

In human ego psychology, that which we give severely negative labels to is all too often something suppressed, repressed, or denied within us. The way the ego deals with suppressed or confused feelings is frequently to accuse or project these obsessions onto others. These others may include individuals, groups of all description, businesses, institutions, governments, and even God.

When the ego has significant control over us, it will develop new enemies again and again on which to project its own guilt, self-hatred, and unloveableness. The really scary part of all this is that the ego would rather make us sick unto death than to admit it is wrong or seek forgiveness for its excesses. An uncontrolled ego will not accept responsibility for its own acts of negativity. It will always search for a way to hang its misery on others. The ego's primary escape mechanism to accepting personal responsibility is to be a victim. Is there an escape from this circular blame game? Yes. The antidote to an over-controlling ego is humility.

The ego hates humility. It demands to be right. Like a spoiled child it stamps its foot and refuses to apologize. However, when we learn to view our ego from a more enlightened place, we recognize that while it is a useful tool for protection, we are perfectly capable of transcending its selfish games. To ascend beyond the ego's grasp, we must live in a place of gratitude, forgiveness, kindness, compassion, love, and most of all HUMILITY. It's easy to say, but a tall order for most people. Humility brings to the fore the very opposite feelings that the ego uses to influence us. Once we've learned that humility pays huge results in our own personal power, peace and happiness, it seems we must learn the same lesson again and again in order to override our prior conditioning. Ego will seize control as soon as we allow it.

We must ego's clever desire to have us suffer due to difficult circumstances and the decisions and opinions of others. Impatience and blame are expressions of the ego. Patience is the path of loving-kindness and spiritual growth. A further word on humility. Humility equals teachableness. Teachableness is not weakness, it is un-prideful power. Rapid and excessive judgment reveals insecurity, arrogance, and pride. These lower vibrational feelings erode teachableness.

Judgment

Every time we reflect on a situation and decide how we feel about it, we are impacting our emotional equilibrium. In other words, when we decide something is bad, or not good enough, this is a direct instruction to our emotional control center. This is important to understand, because we literally feel our judgments.

Decide something is bad, and shortly we'll be feeling that way. Judge something as good, and we will soon be feeling better. As we think about the judging process, the essential truth of it begins to reveal itself: we cannot focus on negative thoughts about anything and simultaneously feel good. Our basic operating system will not allow this dichotomy.

The basic truth about how we function usually comes as quite a shock when we see it for what it is. Each of us has something akin to an internal thermostat that monitors the amount of happiness we will subconsciously allow ourselves. This is a function of our emotional control center. In order for us to raise our internal happiness setting, and allow ourselves to experience greater joy, we must deal with this judgment reality. Are we able to grasp the fundamental principal that whenever we judge anyone or anything, it is ultimately us that will experience the effects of our judgment? I hear a hundred "Yes buts..." right now. Good, we need to think this through, not just discount it out of hand, otherwise we will stay stuck where we are. The quotation at the top of this paper records Jesus as saying: "Judge not, and ye shall not be judged: condemn not and ye shall not be condemned: forgive, and ye shall be forgiven." Luke 6:37 KJV

What's this? If we don't judge others, we are not judged ourselves? How can this be? Could it possibly be true? If we do not condemn others, we ourselves will not be condemned? Of course, we've all heard this kind of thing before. But what does it really mean? And honestly, do we believe it?

Perhaps you are aware that much of the world's ancient wisdom literature contains the same philosophical idea that *when we forgive, we are forgiven*. Okay, so others have come to the same conclusion, but does that make it true? Modern psychology confirms this dramatic concept taught over two thousand years ago by Jesus, the Christ, (Christ is a title name meaning "The Anointed One"). Siddhartha Gautama, commonly known as Buddha (which is a title name meaning "The Enlightened" or "Awakened One"), taught this same principal over 2,500 years ago. It is clear that inspired ancients thought this was a very important concept to understand and implement. So, what does it really mean?

Let's consider a little more carefully the remarkable notion that to forgive actually allows forgiveness. Can you see that you may be angry at your father, but it's *your* nervous system that experiences that anger? Anger flows from negative judgment, but all of that is going on inside you. Remember, we see nothing as it is, only as we perceive it to be. And most of those perceptions are based on emotions, so in effect we literally *feel* what we're thinking. So, if we're angry at our father, who is feeling that anger? Who is being immediately downregulated by those feelings? Who is the one that is suffering?

The Buddha is reported to have said, "All things are created in our minds." Modern quantum physics, neurobiology, and psychology all agree. The act of seeing, hearing, sensing, considering, and evaluating, are all functions of the brain. Much of the time, these functions are judgments of a sort. When we judge, we are focused on lack. It is our lack of the acceptance of things as they are, coupled with our ingrained habit of criticizing that creates our internal conflicts, our pain, our fears, depression, and disease.

When we release ourselves from the drive to continually pass judgment on things, our level of consciousness is able to rise. On the other hand, if we are feeling the "hate" of something, such as "I hate this or that," we have automatically triggered the process of aggression within us. Usually this is unconscious response, and not one that we intended. Feelings of aggression trigger anger subliminally, and when this happens it is not long before we find ourselves being antagonistic. All kinds of negative emotional sensations can flow from a single act of what we want to believe as nothing more than a casual observation.

Our deepest felt fears, wants, and intentions, create the experience we are having, or will soon be having. Our choice to engage in judgment generates a cascade of effects in our emotional control center. If we've judged things in a positive way, we are rewarded with a greater sense of joy, peace, and happiness. As we focus on negative judgments, we almost instantly impact our happiness quotient in a downward fashion. The truth of this basic function of the self is again set forth in biblical text: "Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again." Matthew 7:1-2 KJV

This process of ceasing to judge resulting in our not being judged - is actually an automatic one. It is an internal process with a predetermined result. When you

judge others, your subconscious judges you; when you cease to judge others, the subconscious ceases to condemn you. As we learn to suspend judgment and accept others as they are, *only then* are we able to begin the practice of accepting ourselves as we are. “What?” “Accept myself as I am, even with all my imperfections?” Absolutely. We deny ourselves our own acceptance, and withhold our own forgiveness, until, and unless, we are able to forgive others.

Whether we wish to acknowledge it or not, the above statement is an accurate depiction of our basic emotional and subconscious programming. Interestingly enough, it sounds a lot like a paraphrase from the Lord’s Prayer: “...and forgive us our trespasses as we forgive those who trespass against us...” Humans are hardwired this way. Wanting it to be different will not change it. We simply cannot hold a grudge, or feel anger, bitterness, etc., against someone else and expect that it will not impact us personally. We can deny it, but how will that help? The bottom line is that in order to unravel our own depression, our personal pain, much of our physical disease, and all of our unhappiness, we must forgive ourselves of all our past poor choices. In order to do this we must first forgive everyone else that we perceive has done us harm. There is really no exception to this rule of life. We are simply unable to accept ourselves until we cease judging others.

Suspending Judgment

The subconscious mind does not know the difference between you and me. When we make a negative statement about anyone or anything, our subconscious mind accepts that as information about itself. Oh sure, consciously we are absolutely certain we know the difference, but our consciously spoken words and our consciously held thoughts are the programming code that is being fed to our subconscious mind. Our subconscious mind is, in effect, our own personal autopilot.

The vast majority of our daily processes are subconscious. Current scientific estimates suggest that **95% to 99%** of all brain activity happens outside of our conscious awareness. Conscious thought handles only a tiny fraction of our choices and actions. Therefore, virtually all of our functions, whether physical, mental, or emotional, are taking place without our ever recognizing the processes that are in motion. Our subconscious mind, our autopilot, is running the show. What we think and what we say are always impacting how our subconscious programs process new and upcoming experiences. It is vital, therefore, that we improve the way we view things. If we do not take conscious action, to change the programming we are continually feeding our subconscious, then we’ll

continue to get the same emotions we've always got. We can improve by becoming more aware of why we do what we do, then shifting our thoughts and redefining our beliefs. Our lives cannot get better until we suspend judgment, of others first - because it is this shift in thinking that begins to change the code that controls our emotional control center. Happiness is an emotional response to a love of life.

If we forgive others, in order to unravel the painful, distrustful, unhappy, emotions we have been holding on to, what does that imply regarding our relationships with those others we need to forgive? Must we be their friends? Must we continue some form of relationship? We are not required to enjoy those we choose not to be with. We do not have to endorse them, live with them, or do business with them. On the other hand, we cannot afford to hold grudges or wish others ill will. If we do, we are withholding our own happiness. It's this simple: stop being critical or continue to pay the price. We must learn to let things go. Can you see that complaining is the enemy to your own personal happiness?

We frequently think negative banter is funny. After all, we're only kidding; right? The problem is that our autopilot does not get the nuance. It does not get the joke. To be happy requires you change the way you interact with the world. Stop focusing on the negative. Stop thinking and talking about your past hurtful, painful, and frightening experiences. Consider the type of jokes you enjoy. What do they say about you? What message are you sending yourself? All of us are continually re-programming "Auto." We just do not realize we are doing it. Now you know. Now you can choose to change it.

To be happy, joyful, and fun, requires we give special attention to releasing those deep down grudges we've been holding on to. We would be wise to face down those hurtful things from our past, the unfairness of betrayal, those heart-stopping financial fears, and anything else that's trapped within us. Let them go; no matter what. We need to put ugly thoughts out of our minds; to clean this stuff out of our subconscious. No exceptions. It is really very unhealthy to say you'll forgive Suzie for so and so, but you will never forgive that dirty rotten ex-son-in-law, for such and such. Holding on to emotionally stressful feelings are a cancer to your spirit; a destroyer of your peace. Furthermore, there is mounting evidence to suggest that a cancer in your thinking may well be the source of a cancer in your body. Several recent books have made the case that our emotional dis-ease is the cause of much of our disease. Now pause...and think about that.

The biblical John recorded Jesus as saying: “Ye judge after the flesh; I judge no man.” John 8:15 KJV

This quote is short, simple, and to the point. It is clear and succinct. Or is it? Jesus says, “I judge no man.” Did you know that? Read it again. It acknowledges that we are the ones doing the judging. Jesus tells us in the most straight-forward manner that he is *not* judging us. So why do so many church-goers carry around a load of guilt, secretly fearing they are unworthy, and constantly being judged by their savior? The way to offload this internal sense of unworthiness is to forgive others. When we forgive others, our subconscious mind quits searching for unworthiness within. Remember, “Like Attracts Like.” When we quit focusing on what’s wrong with our lives and instead focus on being grateful for the good around us, we begin to manifest more of that - the goodness we observe and are then focused upon. Like attracts like. Love attracts love. Kindness attracts kindness. Peace attracts peace. Harmony attracts harmony. What do you want to attract into your life? Be that, see that, feel that, and you will become that which you seek.

Beating ourselves up by holding bad feelings towards others, is simply not helpful. Jesus says he’s not judging you. You are judging you. Guilt and its closest ally, shame, are powerful motivators to hold people in line with social mores. Of course, guilt can move us to change, and that may be a good thing, but being consumed by it, and carrying it around in our subconscious, is an extremely unhealthy form of a lack of forgiveness.

How do you suppose it is that so many religionists have shifted a clear and concise statement like the biblical John quotation above into its seeming opposite? The truth is that we do this all the time, generally by listening to others rationalize their given thoughts on some subterranean meaning that obviates the entire message. We tend to assume that others must know, especially when they are people we admire. Further, we assume that people for whom we have good feelings must be right in their thoughts about such things. Because we admire them, we listen to them without critical analysis. Soon enough, if we’re around them enough, we find ourselves repeating what we’ve heard them say, what they think (or what we think they think), and what they do.

For most of us, the learning process of being with others and absorbing their thoughts and ideas is done at the subliminal level, and we are wholly unaware it is happening. Before long our thoughts and ways of viewing the world are modified to be more like those ideas we have listened to, read about, or thought

upon, for any length of time. This strongly suggests we reevaluate those with whom we associate. This is especially true if we are a social media addicts. We need to focus on only those that are uplifting of spirit and move quietly away from those creating the opposite effect. As my mother used to say, "Birds of a feather, flock together." It irritated me that she only used that statement when she had learned of a new friend I had made that did not meet her standards. It was off-putting at the time, but she was 100% correct. So, let's make sure our "flock" as it were, is uplifting and helps us feel better about life and our place in it.

If you want to know where you currently resonate on the emotional Map of Consciousness, look to the average of your friends. That is not to say that they may not be wonderful people, and some with good advice and positive things to share, but wouldn't it make good sense to rethink our working paradigms for ourselves. That is, unless we are specifically focused upon learning from an enlightened master that is specifically instructing those following him or her. Group sessions that are structured to focus on uplifting thoughts and ideas can have great value. Learning and motivation may be achieved within groups, but even then, the work is best done individually in the quiet of our own self-reflection.

Each of us would be wise to re-examine our programming in light of the new things we've learned. For example, can you now see that the failure to forgive is unhealthy? Can you see that if you are harboring guilty feelings about yourself that this is just another form of failing to forgive? Many good people do not understand this most basic principal: A guilty feeling not immediately dealt with is deeply unhealthy. Unresolved guilt cankers all our thoughts and feelings. Further, it appears that those feeling the most guilt, for whatever reason; tend to preach guilt with the greatest fervor. Do not invest in guilt. Forgive others; forgive yourself; move on.

Ultimately, it is the judgment we hold of ourselves that really matters. The strange thing is that we simply don't usually know we're doing it. In my observation, the lower the evolution of our individual consciousness, the more likely it is we will insist we are not judging ourselves or others. We trick ourselves into thinking we are not judgmental of character. But stop and think about it. If you were not burdened down with negative feelings, and you felt free, full of light and excitement, wouldn't you consider yourself happy? If you're not feeling light, free, and full of excitement, then why not? At this juncture, you surely know that to point outside yourself to external circumstances is an excuse. Unhappiness derives from within. Whether you are happy or not is a function of the way you

think. Therefore, unless you are pretty happy most of the time, the way you are thinking must be critical, skeptical, and judgmental. Look within for improvement, not without. Improvement is not outside of you, it emanates from within,

Each of us is subconsciously deciding just how much happiness we will allow ourselves. We decide how much pain we shall endure. We decide how depressed we believe we must be, or how hard we must work. We decide how much we shall suffer before we allow ourselves the beauty, peace, and delight of unrestrained happiness. Emotions are from within, not from without. We blame our emotional responses on outside influences, but we decide how we allow ourselves to interpret and feel about everything. No one else decides how we feel.

Those that are unduly critical of themselves are those who do not believe they are worthy of love, yet they still desire attention. Like the child who acts up in order to get attention from her parents, those among us will forever be attracting notice through any means available. Social media is an overwhelming example of this form of narcissism. If we're not careful, the ego will convince us that even negative attention is more important than no attention at all. There are some powerful psychological studies to indicate, that we really do believe that negative attention is more important than no attention at all. But you can decide to love yourself. You can give yourself understanding, kindness, and care. To gain and hold on to a happy state requires we recognize that judgment is the origin of our misery, remorse, grief, sorrow, and shame. The antidote is humility, forgiveness, and acceptance.

All of us make mistakes. We know this, and usually we are in the habit of forgiving others for whatever we consider to be a "legitimate mistake." Yet we frequently don't extend ourselves that same ease of forgiveness. Not sure that's true? Listen to your self-talk. Listen to those thoughts that descend upon you when you least expect them. Thoughts like: "I'm not good enough;" "I'm not thin enough, strong enough, pretty or handsome enough, smart or worthy enough;" "I don't make enough money;" "My success is an accident." And on and on it goes. This is self-judgment whispering in your ear. Neutralize it. Suspend criticism and cease complaining. Forgive others. If you do not do these things, you are simply unable to forgive yourself. Forgive others so you can forgive yourself. Then you can step up to accepting yourself. Forgiveness is the opposite of critical judgment. Step past judgment and begin to love. Unhappiness in all of its various disguises is the absence of love.

Fear and unhappiness are correlatives. Each spawns the other. Each is dissolved by love. Fear powers unhappiness. Shame powers unhappiness. The same is true of grief, anxiety, depression, jealousy, anger, and the pain of failure. All are states of mind, judgments made and clung to. All are a plea for love; as is all unhappiness. Love nullifies each and every obstacle to our happiness. Learn to love, starting with yourself. Practice loving yourself. Become your best friend.

As soon as we are prepared to stop judging ourselves and stop bathing in what we believe to be our personal misery and unhappiness, our lives improve. We must decide to change our critical thinkingness and catch ourselves when we slip back into our former way of reflection.

At the end of the day, nothing can actually make us unhappy. Only we decide how each event, thought, or action, shall be identified and the emotional attachment we assign to it. If we think a situation that is around us, or about us, is bad, evil, or wrong, then we shall automatically end up suffering, a condition we recognize as unhappy. If we suspend our opinions and merely view situations as events, then we are more able to move majestically with the current of life: accepting, loving, and happy. Notice, observe, but suspend judgement.

To judge does not make one wise. Wisdom is not about judging; in fact it is almost its opposite. All forms of unhappiness are a plea for love. To be wise about these things is to know that we don't really know all we think we do. To be wise is to awake ourselves to ourselves, to observe and accept and decide to be happy. Choose as we need to but do not invest in perpetuating negativity. We must keep in mind that each time we judge anyone or anything, it is we that will ultimately experience the effect of our judgment.

The essence of it all is simply, shall we love or shall we judge? We choose. We always have. Perhaps we really didn't quite understand the power of our choosing. Let us now choose wisely. All of us want love. As the late, Mother Teresa once said: "If you judge people you have no time to love them."

Do we judge or do we love? That's the choice. Its ours to make.