



Sibella Circle Member & Visionary Leader

CREATING YOUR LIFE

Addiction to Judgment

By Corinna Stoeffl

It seems we have an addiction to judgment. If it is not ourselves we judge, then we judge events, things or other people. Most of us grew up learning that it was necessary to judge. We had to make a decision and it better was the right, correct decision. As a result we had to look at the different options and make a judgment. Any time we say something is good or bad, right or wrong, we judge. Let's look at the effects of this.

Do you judge yourself? Are you critical of your actions, your decisions, your body, to name just a few? Do you make a difference between judging and being critical?

Actually, they are the same. We grow up with and are well entrained to being critical of us. It's what we are supposed to do. Therefore it does not hold as much charge as judgment does. What's the result of it for you, though? Are you getting better? Depending on your age, you should be perfect by now if it would work the way it is presented to us :-). The reality is, criticism or judgment don't work. All that happens is that we feel bad about ourselves and that is killing us; it kills our creativity, our body, our money flows and much more.

Killing may seem a drastic choice of words. That does not mean it is not true. Yes, it is not instantaneously, it's a slow way in which we are killing ourselves. Judgment stops the creation of our body and our life as we would like it. Judgment leads to depression. There is no kindness in it. The negativity solidifies what we are judging, augments it. Have you ever wondered why things don't change or come out the way you would like them? It's judgment.

We are told it is important to be discerning. How do we reach discernment? It is by judging. Discrimination is a form of judgment; being part of a group requires judgment - do I have enough similarities to the criteria of the group so I can belong? Surface things become important and who the person is, gets overlooked. And what about judging the judgment? It has the potential to become a trap, an endless cycle. Interestingly, for many people judgment provides a stability in life as it prevents them from changing. The desire to keep things the same is strong right now.

Judging or not judging, in the end, is a choice we make. It's a choice, though, that has a major impact. When we judge ourselves, what is the impact on us? Do we feel better about ourselves? When we judge others, we create separation. That means, it allows us to have wars, to disregard others or the Earth. The other option is, we can begin to be kind towards ourselves, each other, and care for the earth. The question I have is: What future do we want to create with the choices we make?

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| <p>Corinna Stoeffl, <i>Owner and Coach</i></p> <p>'Out of the Box' LIFE COACHING</p> <p>Being in Awareness gives people the means to change their views of how life works, so they can have the freedom, joy and success they desire.</p> | |
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*Wisdom comes only when She is wanted and welcomed.
Desire Wisdom. Understand, She is always there; waiting for each
of us with all the bounty of the Universe in Her arms.
But it is only when we surrender to her divine knowingness does
She yield Her resources. Ask Her for assistance daily.*

~ Sibyl English, Founder of Sibyl Magazine

