

The Judge and its Ways

The Judge is very sneaky and forever vigilant. The Judge only sleeps when we do. Otherwise it is forever running the commentary in our head that creates our position on everything and everyone we experience. In order to shine a light on the actions of The Judge we begin by making a list of every person active in our life. (Now, this might be people who are not even present physically – if they take up space at any time in our thinking, then their name needs to be on the list) This includes ourself.

1. Consider how each person conducts themselves against each category you have created in your Book of Law.
2. How do you feel about the each each individual lives their life, including yourself?
3. What do you admire about yourself and everyone else on your list?
4. What do you dislike or even despise?

We can assume that others judge us the same way we judge ourselves – this is not the case. Others judge us according to their Book of Law, which is anchored in a completely different dream than our own. We, however judge others against our own Book of Law because that is where our scripts are written.

Now spend some time getting more granular on gaining and in-depth understanding of The Judge within you – in action.

Yourself: How do you judge yourself

- I am a bad person because...
- I should be ashamed of myself because.....
- I am guilty of
- I am showing my stupidity when I
- I am a failure because of
- I disappoint myself when I

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Others: How do you judge others

- That person is a bad person because...
- That person should be ashamed of him/herself because.....
- That person is guilty of
- That person shows their stupidity when they
- That person is a failure because of
- That person is a disappointment when they

Own Mistakes : List four mistakes you regret in your life

- How do you punish yourself ...
- How do you abuse yourself
- How many times have you paid for each mistake
- Do you abuse your physical as a result....

Others Mistakes : List four mistakes others have made that you cannot forgive

- How do you punish others ...
- How do you abuse others
- How many times have you made others pay for his or her mistake
- Do you abuse others physically as a result....

Accomplishments: Self and Others

- Think of four things you have accomplished that has made you proud of yourself..... How did you reward yourself..
- Think of four things others have accomplished that made you proud of them ... How did you reward them...

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Now that you are more aware of your Judge and how it operates. Describe in detail what your Judge is like and how it uses the Book of Law in your life. Is your Judge fair and forgiving, or is it harsh and unforgiving or is it a mix of both ... and depending upon what?

Consider giving your Judge a name that is more personal or descriptive, so that you can easily become aware of that voice when it is speaking inside your head.

Answering The Judge

Now that you are more conversant with the operating modality of your inner Judge, and you notice it judging either yourself or another there are four answers you can counter with. Decide which comment or answer is most appropriate given the situation – you might want to make a colourful post-it note with these responses written on them and place it where you can see it easily.

- Big deal
- Who cares?
- So what?
- Why not?

And if neither of these answers satisfies the Judge – remind yourself that even that doesn't matter.