

LOOKING WITHIN

Judgement

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Judgement:

More often than we want to admit, we embrace judgement.

Judgement limits our capability to love ourselves and others.
It instantly disconnects us from the divine energy that we all are.
It makes us travel in the land of the good and the bad.

Judgement, when embraced, is never really about someone else. Like a boomerang it hits us right back.

Judgement acts as an unconscious reflex.

Judgement does not embrace truth, it banishes it.

When we decide to be conscious beings, judgment becomes a tool unveiling our own shadows instead of projecting them.

Letting go of judgment, then, becomes a liberating action for self and others.

Let's choose liberation...

Remember, be gentle with yourselves and let peace be with you.