



# Judgment Versus Judging

Mount Sinai, Egypt

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# Introduction

*Let all our opinions be connected to our heart...that is good, for a start!*

In truth, our world is filled with prejudice and harsh judgment. The more we accept and come to understand those different from ourselves, the more we embrace the feeling of love. Loving and liking are two different things. We do not have to like another, or like something they do and still love or admire them for what is good about them.

Every minute, we make a decision. We can decide not to allow certain people into our private space, however, we do not have to judge them for who they are, what they believe in or how they live. When we realize that we do not have to feel threatened by how someone feels or acts, we can allow ourselves to accept life on all the different terms it seems to present.

As we become adults, we are the President, King or Queen of our own existence. We pick and choose how we feel, what we want to be or do and who we want to be or do it with. We are no longer dependent on another in order to survive. We become inter-dependent, not co-dependent. When we meet someone, we can examine and study how they behave and what they believe in. It does not have to be the same as ourselves. In fact, it is wonderful when we come together to learn and expand our consciousness.

It appears that there are so many topics that separate us from each other, religion, race, gender, sexual preference and age. Yet, if you study each religion, you will find something wise about it. If you examine every race, you will find something fascinating about it. If you become vulnerable to the opposite gender, you will find something intriguing about it. If you come to understand same sex relationships, you can expand understanding from it. If the young respect the elders and if the elders are enthusiastic about the young, they would find something exhilarating about it

There is a big difference between judging and sound judgment. We can be very clear about the boundaries of right and wrong, without judging. We can be in a firm state of mind, knowing that hurting another is never acceptable. If we get entangled with someone who does not have a proper standard of morals, the wisest thing we can do is study what seems to be uncomfortable for ourselves, and then move on.... without judging them. If we judge another, we will inevitably end up judging ourselves. We need to be content with our own forward growth and hope the best for the other we left behind.

Judging another creates resentment, resentment then creates a hardness, hardness then creates some form of cruelty and from that cruelty, violence is born. However, when we accept another's difference of opinion or belief, we create serenity, serenity then creates a softness, softness then creates harmony and from that harmony, peace is born. And when peace is born, love is stationed and secured.

# Exercise 1

## Contemplating Judging

Mark off what applies to you and then look at how you can transmute judging to quiet contemplation.

1: I tend to judge another person or situation when I feel ashamed.

*When we feel shame - we usually look to blame.*

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2: I tend to judge another person or situation when I feel afraid.

*When we feel afraid - bad statements are usually made.*

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3: I tend to judge another person or situation when I feel envious.

*When we feel fruitlessly envious - we tend to be oblivious to the fruitful.*

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4: I tend to judge another person or situation when my self-esteem is low.

*When our self-esteem is low - we discount what we know.*

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5: I tend to judge another person or situation when I feel in scarcity.

*When we are in scare-city - we drown in self-pity.*

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6: I tend to judge another person or situation when I feel nervous.

*When we feel nervous - we tend to create a fuss.*

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7: I tend to judge another person or situation when I am attached to the outcome.

*When we are attached to the outcome - we can make decisions that are dumb.*

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8: I tend to judge another person or situation when I don't know enough.

*When we don't know enough - ask questions, don't bluff.*

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## Exercise 2

### Transmuting Judging

- 1: Are you judging another person or situation and why? How can you transmute this?  
*Study what you admire and respect, overlooking what you do NOT admire and respect.*

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- 2: Are you judging yourself and why? How can you transmute this?  
*Make a list of everything you like or love about yourself and pin it up to look at each day.*

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- 3: Are you judging something political and why? How can you transmute this?  
*Look at all parties' good points, not overlooking what repels you or you do not like.*

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4: Are you judging a certain group of people and why? How can you transmute this?

*Make a point of trying to understand their reasoning and meaning.*

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5: Are you judging certain religions and why? How can you transmute this?

*Read the wisdoms that have come from each religion and honor them.*

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6: Are you judging other people's success and why? How can you transmute this?

*Sometimes when one has success, others make a mess.*

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## Exercise 3

### Definitions of Judging

Look over the 20 definitions of judging and circle the ones that resonate with you the most. Then make a list of the ones you can most learn from.

1. If we judge ourselves, we will judge another – likewise, if we judge another, we will judge ourselves.
2. A mind made up in judging another always leads to one going down.
3. Our mindfulness is annihilated when we critically judge.
4. Our hearts yearn not to be judged.
5. When we are busy judging, our smarts are not budging.
6. When judging another, we injure another.
7. Our quality of life will fall when we critically judge another.
8. No healing can happen when one judges another.
9. The human heart hardens when judging another.
10. There is no justice in judging, only consequence to all involved.
11. When one has the need to be right – it more often than not, leads to a fight.
12. Compassion and empathy are the best remedies for judging another.
13. One can never know another while emotionally judging them.
14. One can feel hurt or angry with another, without judging them for their trespasses.
15. Judging another creates a loneliness within ourselves.
16. There is no justice in judging, only consequence to all involved.
17. When judging another, our light diminishes.
18. Judging another is a tough temperament that leads to a tough life.
19. Shame is inevitably the end result of judging.
20. Loving ends when judging begins.



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## Exercise 4

### Definitions of Sound Judgment

*There is the worst in the best of us and the best in the worst of us,  
so it does not behoove us to judge the rest of us.*

Read the 20 definitions of sound judgment below. Which are the 10 definitions that resonate the most to you? Which are the 2 that are the strongest for you and why? Which are the 2 that are the most difficult for you and why?

1. Sound judgment is the first sign of enlightenment.
2. Sound judgment searches for glimmers of hope - judging eradicates them.
3. Sound judgment helps us look beyond the obvious.
4. Sound judgment never injures another.
5. Sound judgment is seeking knowledge to better understand.
6. Sound judgment is a step towards our emotional intelligence.
7. Sound judgment knows that judging does not allow for honest feelings.
8. Sound judgment keeps us away from unstudied opinions.
9. Sound judgment is a journey worth taking, making everything worthwhile.
10. Sound judgment knows that judging is not a natural emotion for our spirit.
11. Sound judgment knows that nothing good can be realized by judging another.
12. Sound judgment is our wings - judging is our spurs.
13. Sound judgment learns how to censure, yet also, learns how to approve.
14. Sound judgment comes from objectively observing someone's character defects.
15. Sound judgment knows that ego will annihilate our sound judgment.
16. Sound judgment accesses the wisdom that blossoms from our hearts.
17. Sound judgment seeks not to provoke shame – but to invoke honor.
18. Sound judgment leads us to those worthy of accolades.
19. Sound judgment creates a tranquil mind and a peaceful heart.
20. Wisdom does not allow for judging another, however, wisdom insists on sound judgment.

1. Which are the 10 definitions of sound judgment that resonate the most to you?

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2. Which are the 2 that are the strongest for you and why?

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3. Which are the 2 that are the most difficult for you and why?

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## Exercise 5

### Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

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2. Which exercise did you like the best and why?

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## Poem

*Sound judgment is a good friend indeed  
It can plant a new garden, with just one seed.  
Judging is surely not healthy for our heart  
It stiffens and hardens itself, right from the start.  
Because we live in a world of such separation  
It is surely the time to work for more unification.  
Understanding another is truly a precious gift  
It wards off any energy of creating a rift.  
Our life becomes better when we have empathy  
We develop a better sense of telepathy.  
Empathy is working to understand another  
As if we were someone's friend, brother or mother.  
If we all yearn to see more clearly and be more embracing  
We can help solve the enormous problems we are facing.  
We do what we can, where we can and leave the rest  
Then we can surely be a peace, knowing we tried our best.*