

## Article 79: Feelings Never Judge

What you deny ...you lose, ...what you glorify ...you set beyond reason. Do not deny or even glorify your attitudes, emotions, feelings, for they are to serve you, not control you. Are you the person you wanted your attitudes, feelings, and emotions to create you to be? Have you created the attitudes, emotions, and feelings you wanted them to be?

*You will have sufficient energy to face  
Whatever emotional-problems you create.*

Many professionals believe that most of your emotional problems have resulted because your instinctual attitudes, emotions, and feelings cannot properly respond to the rapid changes occurring today, ...which keeps you victimized by your attitudes, emotions, and feelings which seem, by this theory, to be separate activities within you which cannot keep up. It's as though separate attitudes, emotions, and feelings within you are holding you back. If this were true, it means that attitudes, emotions, and feelings are restricting, limiting, and controlling you; but it is not true, simply because these aspects of yourself are responsive, not directive.

*Is your soul refreshed or burdened by  
your attitudes, emotions, and feelings?*

Let's get real, ...the truth of yourself and what you live has nothing to do with what you fulfill or attain to, the truth of you is how you *feel* about what you do, achieve, fulfill, and attain to. If this were not so, you would have no free will, simply because you would constantly have to manipulate others, events, and conditions in order to gain what you desire, ...does this sound familiar? However, since this enriching fullness and truth of yourself lies in how you *feel* about what you live and do, your free will is completely intact, ...it is never withheld, and always acts to serve you, ...simply because, you can do "anything and everything" with whatever attitudes, emotions, and feelings you desire, ...thus you are free to be and live, emotionally, whatever you desire at all times, ...which confirms and preserves your free will ...and never interferes with another.

*Each day is an opportunity to live anew.*

Another thing to consider is that, if this were not true, if you are living events and circumstances, not your feelings about events and circumstances, then reincarnation, even described as "death and resurrection", has little to offer ...and makes no sense. Consider this: would a benevolent God or universe support your becoming a great teacher, philosopher, musician, scientist, artist, preacher, performer, farmer, or merchant in one life only to make you start over again in the next life playing in a sandbox as an unschooled child? ...Mozart excepted of course! However, since you live how you feel about what you do, **you** can be as enriched by what you draw in the sand ...as by what you paint on the

Cistine Chapel. Or, as a little league player, getting a homerun can be as thrilling and enriching as Babe Ruth hitting a homerun in the World Series, ...for the “essence” of these actions ...and feelings about these achievements are the same.

*All things, whether simple or complex,  
are the same.*

If this were not true, one action or achievement would be “better or greater” than another, which would destroy free will and justify your constant struggle of judgments. After all, you can judge the presumed consequences of an action or lack of action, but you cannot judge a feeling; and you could be judged by what you did or failed to do, by outward actions and achievements; ...if this were not so, if you could judge your feelings or be judged by them, then your inner-lifeseif and feelings have little or no meaning or purpose.

*You hold unfolding surprises.*

Truth and enriching fulfillment does not come “from” what you accomplish or attain to in life, it comes “through” the attitudes you live in doing and achieving things ...and “through” your feelings and emotions about the events, individuals, circumstances things, and situations in your life. This explains how all things are good and benevolent ...and always fair and just, even for individuals who are born with, acquire, or develop physical or mental limitations, diseases and illnesses, autism, retardation, or other disabilities, ...for those who never develop beyond childhood ...or for those who have very short lives, for, regardless of any seeming limitation, burden, or shortcoming in all of this, no one is ever deprived of an enriching and fulfilling life, ...for no physical or mental condition is actually a limitation or restriction.

*Understanding by appearances is misleading you.*

Since your words about others say very little about them ...but reveal a great deal about you, to truly understand yourself, it is vital that you know how you feel about individuals, actions, and events around you. Are you judgmental or critical? It is said that “you never judge others, you only judge yourself,” ...but you can never judge yourself, for what you believe to be “self-judgment” is in fact “self-revelation”. Are you now beginning to understand that your attitudes, emotions, and feelings reveal you?

*Accept your own wisdom!*

Is anger “bad”? Or, as others do so easily, have you rationalized and justified “good anger” and “bad anger”? ...”healthy and unhealthy anger”? And if anger, like other attitudes and emotions and feelings, guide you, how do you know whether that advice and guidance is “good or bad”? ...healthy

or unhealthy? Be careful of what you rationalize and justify! Or maybe you are guided by appreciation, ...is appreciation of a religious belief “good” and appreciation of a godless belief “bad”? How can you really know the difference ...for many harmful and destructive things have been done in the name of religious beliefs. Isn't self-appreciation about the same as pride, ego, self-love, and selfishness? How can you tell one from the other? It seems that even appreciation is a confusing attitude, emotion, or feeling to rely upon for guidance.

*Move ahead with quiet assurance.*

But how can you live confidently? What can you rely upon? Do you rely upon being faithful and devoted? Then why is faith and devotion to God, or to what you assume is normally “right”, so “good”, ...while faith and devotion to self-interests is “bad”? How can you decide whether faith and devotion to an individual or cause is “right or wrong”? Is faith and devotion to a habit or to an attitude, emotion, or feeling “good or bad”? How do you know? In each instance, the feeling or emotion is the same, but the judgment is different, ...so it seems that the judgment, not the feeling or emotion, dominates and controls, ...doesn't it? In fact, in all such situations, the feeling or emotion only *gets your attention*, while the judgment guides you, ...or does it? After all, in making the judgment, how do you know, with any certainty, good from bad? And what standard can you apply to determine good from bad?

*Can you depend upon your own wisdom?*

It seems that to judge ...you need a standard, but how can you know that your standard is “right”? What standard will you use to judge your standard? See how complex and confusing such beliefs are becoming?

*Is your world exciting and inviting?*

*...or baffling and perplexing?*

Can you understand and properly follow happiness and sadness? How can the happiness of, for instance, stealing from or hurting others and not getting caught guide you? Are you happy about stealing from or hurting others ...or happy about not being caught? How do you know? And wouldn't such happiness tempt you to continue those actions? And if you do get caught, ...how is your sadness guiding you? ...for sadness about *getting caught*, not about your actions, might lead you to try again and avoid being caught ...this time. In either case, the feelings of happiness or sadness are the same, but how do you know which is being conveyed? ...or how you should follow this guidance, ...if it really is guidance?

*Are your attitudes, emotions, and feelings guiding you to*

*...or keeping you from the self and life you desire?*

Does compassion for the sick and weak or helpless strengthen you ...while compassion for thieves, murderers, and terrorists weaken you? Doesn't compassion for your own sickness, weakness, and feelings of victimization only increase and prolong your sickness, weakness, and feelings of victimization? How do you determine "good and right" attitudes, emotions, and feelings from those that are "bad" or inappropriate"? It seems that your attitudes, emotions, and feelings are more confusing than instructive, ...in fact, it can easily be shown that these confusions are more destructive than beneficial, ...and judgments only increase your problems ...and the intensity of those problems. It is obvious from this that before you can trust your attitudes, emotions, and feelings, no matter how heartfelt they may seem to be, you must judge what your emoting about.

*Do you find it difficult to decide  
exactly what you are feeling?*

If you still believe that your attitudes, emotions, and feelings offer reliable guidance or that love resolves these confusions, consider that while love of individuals frequently leads to comforting and protecting them, love of country or religion or beliefs has frequently led to war and destruction; and you know of the conflicts and unkindness resulting from "love of my God" opposing "love of your God". Love of desires has been declared to be the "cause" of mankind's suffering, ...and love of the past or future seems to destroy the goodness of today. It does no good to declare that there is "good love" and "bad love", for these emotions are the same; ...besides, if you have to "rationalize and judge" these emotions in order to understand them, then your attitudes, emotions, and feelings are confusing you and misleading you ...while your understandings are guiding you. It seems that your attitudes, emotions, feelings, ..even so-called instinctual-emotions, are not so discerning and wise, nor are they reliable for guiding and directing your self and life.

*Choose to think clearly before reacting.*