

## **Article 80: Be A Lover ...Not A Judger!**

Be very careful of what others say about attitudes, emotions, and feelings, especially about love, for though the words may sound “right, appropriate, and desirable”, this is frequently because so much is ignored or left unsaid, ...and no one seems to question these things. For instance, ...what is love? Do you know? If you want to be “loving” ...and you do not know what love is, how can you possibly be loving? How can you know, in each instance, what is the loving thing to do? Is it loving to stand back and “observe” and not become involved? It is obvious that to be of value and have any meaning, love must be active ...not passive, ...therefore, if love is supportive, ...how do you know what is actually supportive? Is it loving to support someone’s excessive drinking or drug use? It seems that *being loving* depends completely upon your rational mind to understand love and know what loving things to do, which means that being loving “depends upon your way of choosing and acting. And if, like many others, you declare that “love is a feeling of the heart”, then reread this paragraph and see if you can sort out love and know how to determine the loving thing to do in each situation, for if you cannot know what to do, ...how can you possibly be loving?

*The life you desire is within reach.*

Well, ...let’s see if we can help lessen your confusion or unravel this problem. We cannot tell you what to do in each situation which is loving, but we can certainly tell you what is *not loving* ...which will greatly ease the problem. Wouldn’t you agree that love –real love--must be unconditional ...or it isn’t love? For you cannot truly be loving if you set conditions or limitations upon your love, ...can you? Now, consider this next question very carefully, ...isn’t a judgment a limitation? Of course! Every judgment is a limitation ...imposed upon yourself as the judger ...and upon what or whom you judge, ...and they cannot be part of your life as they are, they are limited in your life by how you judge them to be.

*All judgments destroy love!*

You cannot truthfully declare, as many people do, for example, “I hate what you are doing, ...but I love you”, for the judgment of one’s actions creates a condition and limitation ...which precludes your loving that person. Love only exists without judgment, ...but those who judge, frequently try to conceal, deny, or resolve their judgments under a “covering or coating” of love, ...*as if a spoonful of sugar-coated-love will make the judgment go down easier*, ...or justify their judging. No amount of seeming- love ever lessens or resolves the destructiveness of judgments. Are you beginning to understand why some “love” feels more like a judgment? ...while with other love you never feel judged? Would you rather have someone’s love or their judgment? Never disguise a judgment with love, ...if you must judge, at least be clear and honest about it.

*If you want love, offer love, ...not judgment.*

Now, here is the secret of being loving in each situation ...and doing the loving thing. While we cannot tell you **what to do** ...for that would certainly destroy the truth of love, we can tell you that **without judgment, only love remains**, ...and whatever you do or live without judgment is loving. Love, as the basis of the universe and all things, is only withheld by judging. Judgments ...and being sneaky, subtle, deceptive, shifty, devious, and cunning, are often difficult to detect and understand, so here is how judgments are clearly revealed: **when experiencing an event, individual, circumstance, or condition ...or when deciding how to act or respond, if any negative, dislike or don't want, bad or evil, improper, not good or not right, whether direct, indirect, implied, or inferred, is part of the experience or decision, your thoughts, attitudes, emotions, and behaviors are judgmental ...not loving, ...and no amount of denial or rationalization will ever justify your judgments.**

*Be confident in living without judgments!*

You can be discerning and discriminating or choose as you truly desire without ever judging, ...but, remember, if any real or implied negative enters, you are judging ...not loving. Be careful not to fall into the trap of judging ...and declaring that those judgments are appropriate because you are not "judgmental", ...as in "not condemning" what you are judging, for this is a word-game. You are judging or you are not, ...loving or not! Just as there is no "right" love and "wrong" love, there are no conditions of judging, ...no "right" judging or "wrong" judging. Remember, since you only have what and as you offer, if you want love, offer love, for if you offer judgment, you gain judgment and sacrifice love, ...are your judgments worth this loss?

*Trust your love and wisdom to guide you.*

Every attempt to discover the "right or proper" thing to do, always traps you in judgments ...with no solution, ...yet every religion and philosophy tries to show you the "right" or loving thing to do, be, or live, ...but they cannot know what is, in each situation, "right and loving". Telling you what is "right and loving" destroys *right and loving*, ...but, by showing you what is **not** right and living, such as judging in any form, this reveals, in each situation, when you have *not been loving* ...and guides you to being loving at the next moment.

*This is the moment to change.*

If it sounds reasonable that love and judgments are incompatible, but you are still in doubt, consider this: if you are truly loving, do judgments serve any purpose? ...and if judgments are of value, can you judge love? If

you met God, Christ, Buddha, Krishna, Mohammed, or another master, would that individual forgive you? Most people are “certain” they would be forgiven ...while we are just as certain that a truly loving person or being would see (judge) nothing needing forgiveness.

*Forgiveness measures your judgments.*

If you are offended by someone’s actions, maybe because they hurt you, the degree of your forgiveness measures the extent and intensity of your judgments that resulted in your feeling offended and hurt. Do not play the forgiveness-game. This does not mean, to withhold forgiveness, ...it means, like the example of Masters indicated above, to offer your love by creating an atmosphere of non-judgment ...and wrap the individual in that. Only this is true forgiveness, for by offering love, you end your own judgments ...and enable the individual to experience a moment and yourself free of judgment ...which is the loving thing to do in each situation. Or are you afraid to live without judgments ...and offer yourself without judgments to others? Is this so inconceivable? Yet you would declare that the purpose of life is to return to oneness with an unconditionally loving God, ...why wait? ...why not live that unconditionally loving oneness right now? All you have to do is live without judgments.

*Live life with an new everlasting joy.*

At this point, most people become frustrated and ask impatiently, “How can we possibly live without judgments? ...that’s the only way we can determine the right way to live ...and the proper things to do. Everything is based on judgments!”

It is true that everything in life “seems” to be based on judgments ...but that does not mean that judgments are necessary, that they help you determine desirable actions and ways of life, or that dualities, which are the foundation of all judgments, actually exist. Centuries ago, Parmenides, a Greek philosopher said that “since the beginning of language, man has created things that are not ...and then struggled against those **not things** as though they actually existed”. Parmenides defined a *not thing* as “something that can only be defined as *not something else*. For example, if something actually exists, such as a horse, it can be defined and discussed without ever declaring that a horse is not a cow, but you cannot define or discuss evil without declaring that it is “not good” ...or right or fair or nice or some other synonym for *good*, ...which shows that...

*Evil is a not thing!*