

Article 81: All Judgments Are False!

All judgments depend upon dualities such as good/evil, right/wrong, good/bad, but such dualities exist only in language ...not in the universe. It is assumed that all things have a dual nature which enables them to be known. If this were true ...and if good and evil are so intertwined that you can only know *good* by first knowing *evil*, then you cannot know *evil* without first knowing *good*, ...all of which leads nowhere. Also, if good depends upon evil, or love depends upon hate (or some other supposed opposite), then to know and have more good or love, you must create and sustain more evil or hate, ...does this make sense to you? But our language structure and belief in dualities create these useless conundrums. Do you really believe that to love someone you must first hate them ...or maintain your hate along with your love? That's ludicrous! ...but true, if you believe that dualities are real. But dualities are not true, ...for all things that exist are and must be complete, ...nothing can have a separate or missing other-half.

Judgments distort!

Do not be deceived by appearances; ...if you remove a wheel from your car, the wheel is complete without the car, ...and every remaining piece of your car is complete with or without the wheel. This is true of every thing in the universe ...except, of course, things which, by language structure, are falsely paired with "not things" such as good/bad, right/wrong, love/unlove, like/dislike, hope/hopeless, respect/disrespect, or pleasure/unpleasure. All not-thing-pairs are completely false, ...yet they are the basis of all judgments, ...which shows that all judgments are false ...and useless, but you don't believe that, ...do you? You believe that judgments help clear up the doubt and confusion of life, ...don't you? Then let's consider a story known as "the liars paradox".

Say goodbye to understanding!

As a traveler approached the gate to ancient Sparta, in Greece, two men stepped forward ...and one said, "Good morning, stranger. I see you are going into Sparta, " ...then, pausing and acknowledging his partner, the man continued, "...my friend here is a Spartan ...and he says that all Spartans are liars, ...is he telling me the truth ...or lying?" Well, if he is telling the truth, then as a Spartan, he is lying, because all Spartans are not liars, ...and if he is lying, then there are truth-telling Spartans; ...to put it simply: **if he is telling the truth ...he is lying, and if he is lying ...he is telling the truth.** All opposing, not-thing-dualities are the same ...and can never be resolved.

All judgments overwhelm understanding.

By declaring something to be "good", you create and maintain its ungoodness, ...or if you declare the same thing to be "bad", you create and maintain its goodness, ...and you can never resolve this "seeming

paradox”. And though paradoxes are defined “as something that is or appears to be self-contradictory”, the universe has no paradoxes, for anything that **is** ...cannot be contradictory. All seeming paradoxes are false creations of not-thing-dualities, most commonly known as “judgments”. Since, like the liar’s paradox, which has no solution, no duality or judgment can ever be resolved, your choice seems to be to struggle endlessly ...or step out of your judgments, ...but you believe your judgments can resolve doubt and confusion and guide you, ...don’t you? If so, then answer this simple question, **if you use a standard to make a judgment, what standard do you use to know whether your judging-standard is correct or even appropriate?** Do you see how judgments have trapped you? And every judgment is composed of not-things. Is it any wonder that your life is so confusing? That is because, with judgments, everything you believe in is false. But then, you probably believe that because you are living by spiritual rules ...you are exempt from judgments, ...or that you can declare your love and resolve your judgments, ...don’t you? Well, these will never succeed, no matter how much faith you have, ...or how much love you declare, ...but there is a solution.

Breathe life into you life.

You can end your judgments! ...and in that step out of your doubts and confusions ...and your language-created, unresolvable not-thing-paradoxes. The first step to take to end your judgments is to continue your usual judgments ...and even expand and intensify them; ...and if this sounds foolish, consider the impossibility of ending your judgments by judging them to be “bad”, for then, no matter what you do, you will always be judging to see if you are judging. All judgments are confusing and unenlightening ...and false constructs of language, but they are not “bad”; ...choose only that you are now a “non-judger” –one who lives without judging. You, like most people have spent your whole life judging to supposedly determine what is “right and good”, when actually you were usually focused upon what was “wrong or bad”, what you did not want, and what you wanted to avoid, ...with such a focus, is it any surprise that you constantly struggled with relationships, circumstances, conditions, situations, and events you felt were “wrong”, ...which you did not want and hoped to avoid. Once you start judging, doubt and confusion are exactly what you can expect in your life. Of course, you judge that you are the exception, ...don’t you? Your inner wisdom and self-awareness will protect and guide you, ...won’t they” Well, let’s see if that is so.

Understand you changes in small increments.

As you continue your life of judgments “as usual”, when in a situation you are about to judge or are judging, or after a situation in which you did

judge or are about to judge now, stop and, without judging, answer the question, **what does this situation reveal about the self and life I am living?** Even if your problem is with what another person is doing or saying to you, since every thing and event in your life reveals the self and life you are living, your focus must be upon understanding yourself ...not upon judging others. As you, continue this practice, your old judgment-moments will be filled with self-awareness, ...with self-awareness, judgments have nothing to offer you.

*Enjoy this process and way of life
without worrying about the outcome.*

Underneath it all, isn't self-awareness and understanding your desire? ...for, with self-awareness, you can always choose, with every belief, thought, attitude, emotion, word, and action exactly as you desire and happily have and live that, ...while judgments only bring doubt, confusion, and continued struggle. Between self-awareness and judgment, which will you choose and live? The choice is that simple ...and the way to the self and life you truly desire is to, in the way indicated, substitute self-awareness for every judgment. Or do you still believe you can by-pass self-awareness and judge your way to the self and life you desire?

Have you always sensed that something is "wrong"?