

## Article 87: Free Your Feelings from Judgments part 5

As we asked in Article 83, “Do you choose and live the attitudes, emotions, and feelings you truly desire? ...or do you judge the events, conditions, and people in your life and live the reactions created by your judgments?” Though you will probably disagree with us, we will answer that you **always** choose and live the attitudes, emotions, and feelings you desire, ...unfortunately, instead of choosing wisely and desirably, you believe that most attitudes, emotions, and feelings are “caused” by events, conditions, and people. You don’t believe you can choose and live as you truly desire, so you struggle to cause or manipulate people, events, and things to create and give you the attitudes, emotions, and feelings you desire. For instance, instead of choosing and living your happiness in all things, you try to gain certain possessions or individuals ...or attempt to reach various happiness-goals, so those things will *make* you happy, and all the time you are judging to keep you on your happiness-path ...and away from those things you believe will *cause* you unhappiness. Also, you don’t live your love, you seek someone or something to give you love. You live your loneliness and look for someone to overcome that. You choose emotions and feelings and responses “before” events even occur. You go to great extremes and exhaust yourself trying to find happiness. Even anger and self-pity can make you happy. Isn’t this weird? Do any of these actions seem reasonable or wise? You are living your life to cause or get the attitudes, emotions, and feelings you desire.

You believe that an event in your live evokes an emotion that enables you to better-understand yourself and the event, but that simply is not so! ...and we will discuss only two reasons why it is not so.

First, you judge events and then react emotionally *to your own judgments*, ...which means that your emotions and reactions have nothing whatsoever to do with the event, only with your judgment of the event itself, ...and in this you have gained no information about the event or your trueself. Ohh, you certainly know something about your judgments ...but little else. Are you beginning to sense why we asked you to make judgments and categorize attitudes, emotions, and feelings? ...it’s because, since you follow and rely upon your judgment-process to create attitudes, emotions, and feelings, you might as well see what you are doing, so that just maybe you will understand that you, not your judgments, are the true-determiner of what you desire ...based on what you are willing to live and express forever ...and have expressed to you.

The second reason the event does not evoke an emotion is because you choose all feelings *before the event even occurs*. Yes, we said, “before the event even occurs.” When an event happens, your mind instantly searches through previous similar situations and circumstances for an identification of this event. For instance, if you saw a rose in the past, your mind stores the memory of form, texture, color, smell, stem, thorns in

different areas of your brain ...and with that, it also stores your previous feelings and reactions. As a consequence, if we show you a rose today, your mind accesses your previous images that closely resemble the flower you are seeing today and declares that to be "a rose". Your mind also reacts to that flower *as you reacted before*. Crazy as it seems, your judgment today, which you are then going to react to, is usually the same as your previous judgment, so even your judgments of events are created *before the event occurs*, ...and you continue those old judgments and reactions until you change them... or die of boring sameness.

Since all of this is true, why not select, without judgment, the attitudes, emotions, and feelings you desire to have and live forever ...and store those in your mind to replace your old predetermined attitudes, emotions, and feelings? ...for then you may live those at every moment as you desire ...and stop manipulating and judging and reacting in a futile effort "to cause" what you want. Besides, when you live your choices, you live at your own pace and determination, but when you manipulate and judge to *get an emotion*, everything around you is in control of you ...and your attitudes, emotions, and feelings. Does this sound familiar?

You do not live the things you do, achieve, or attain to, you live how you **feel** about those things, ...and you do most things in life to create the emotions you desire, yet it seems that you seldom have, at least for very long, what you truly desire, ...doesn't it? And since your emotions are based on events and judgments, to have the attitudes, emotions, and feelings you desire, you must "create or cause" a desirable event or individual in your life and judge appropriately in order to respond as you desire, ...right? But something always seems to interfere, ...doesn't it? And as you cannot get events and individuals to cooperate with you ...or accommodate you when and how you want, then your judgments and responses are mixed and your desired emotions seem to go awry, ...don't they? Wouldn't it be wise to by-pass your unreliable manipulations and judgments ...and insert the attitudes, emotions, and feelings you truly desire, ...so you don't have to depend upon others and events to give you the emotions you desire?

By completing the previous exercise, you found you can select the attitudes, emotions, feelings you desire without any judgments of right/wrong ...simply by asking yourself whether you would live those attitudes, emotions, and feelings forever and have others treat you in the same way, so you now have a desirable and dependable list of attitudes, emotions, and feelings to choose from, ...don't you? Now, let's consider whether you can really choose and live your desired attitudes, emotions, and feelings instead of having to manipulate or control individuals, events, and circumstances and judge them in a desperate attempt to create what

you desire, ...and constantly complain about the situations, judgments, and emotional-responses you have created.

Well, as we said before, you have always chosen emotions before events occur by storing old events and responses in memory and recalling them to identify and guide your responses to new individuals, events, and circumstances. In this, instead of experiencing and responding to present situations, you are actually living old, self-chosen attitudes, emotions, and feelings over and over ...until you change them and put new ones in your memory.

While most people declare that love is the only "real" emotion, that all things are love, your list of desirable attitudes, emotions, and feelings indicates that, without judgments, there are quite a few emotions other than love that you desire ...and can choose to live. In fact, while you know and can accurately describe many of the attitudes, emotions, and feelings on your list, you do not even know what love is ...and cannot describe it, and you do not know the loving thing to do in every situation so you can always rely upon having love ...and responding lovingly. As a consequence, you will always fall back on your open or hidden judgments and old memories, deny them, and insist that you are being loving, ...when you are actually living your concealed judgments.

We won't, at this point, add a detailed discussion of love, but we will declare that **love exists only where judgments are absent!** In other words, absent judgment, only love remains, ...and in any situation, any emotion and response, absent judgment, is loving, ...no matter what that emotion or response may be. **You do not give love to another, you enliven them to their own love;** ...and how might you do that? Have you ever considered that by actively responding to someone without judging you may be creating the only active environment of non-judgment, or actively loving environment, he or she has ever experienced? ...for other individuals responding to that same person, though they declare their love, are acting upon their judgments and creating an environment of judgments ...again.

And if you believe you are living without judgment and creating an environment without judgment for yourself and others ...but feel that others are judging you, ...who is judging? You are! You are judging that others are judging you, ...thus you are not creating or living within an environment without judgments, ...are you? ...and in your judgments, you are destroying your love and the loving environment you so desperately desire.

Without judgments, you are free to determine and always live any attitude, emotion, feeling you desire, ...and you are free to fully live the self and life of your dreams. If however you rely upon judgments and reactions to create the emotions you desire, then you are a slave to individuals, events, and circumstances ...and to your own judgments, for you cannot

be certain you will create the emotions you want, ...and in this you forsake the self and life of your dreams in order to continue struggling with and against the individuals, events, circumstances, and situations in your life, ...does that seem reasonable or wise?

Many individuals who constantly “seem” loving, compassionate, caring, and happy are not necessarily living lovingly as they truly desire, but are frequently living in these ways to avoid or counteract what they do not want, ...and this truth will be known by their other judgments, for where judgments exist love cannot long-abide. We do not mean that when being judgmental, love cannot long-abide, for *judgmental*, in today’s popular language, limits judgments to “not being condemning,” ...we are saying that any judgment of any severity at any time destroys love, ...so do not judge in any form and declare you are doing it lovingly!

Obviously, along the way to a constant and steady living, non-judgment self and life, you will stray or return to old habits of judging. When that occurs, and it will occur, we advise you to establish, ahead of time, a desirable **homespirit** to return to, ...so you can end or lessen the extreme emotional ups and downs you normally struggle with and get out of the flow and intensity of situations for a “breather” ...while you reconsider how to respond without judging. For us, that homespirit is one of **excited-contentment**, ...in fact, we are always living this homespirit of excited-contentment, ...and we add on other self-chosen attitudes, emotions, feelings as we desire ...and as they seem appropriate.

Since you *always* choose your attitudes, emotions, and feelings before events occur, take this opportunity to choose your homespirit ...and add to that as you desire, ...otherwise, you will get caught up in individuals, events, and circumstances ...and find yourself quickly being dominated by old judgments and emotions. It’s not wise to choose love as a homespirit ...because it will be too difficult for you to always be unconditionally loving. Choose the **lowest** spirit you ever want your self and life to sink to. We believe that being excitedly content with yourself and life ...and all individuals, events, and circumstances is a fine spirit to live and spring from, ...what do you think?

To be loving, end your judgments, ...all judgments; ...to live your love, always be contentedly excited about the love of self and life you are living and expressing, ...for that will enrichingly fulfill you ...and keep you from constantly manipulating, controlling, and judging to create the attitudes, emotions, and feelings you desire. After all, if you are contentedly excited and enrichingly fulfilled living and expressing your love of life, what else could you ask for? Would you like immortality ...so you can continue living your love of life forever? By ending your judgments, you gain both conscious love and immortality. Reread Article 54-55.