



Judgments Not Allowed

In the 1800's Walt Whitman was quoted as saying, "Be curious, not judgmental". Unfortunately, most of us see ourselves as the center of the universe. When we are quick to judge others we are really putting a label on them as it relates to our perception. Based on what we consider appropriate, we find fault with someone else's hair style, way of dressing, how they conduct themselves, the kind of work they do, and so on. Statements like, "I can't believe she bought that car", "Did you notice the way he treated his son", or "How could anyone that overweight eat dessert" are indicators that we are judging another's behavior. What gives us the right to do that?

Each of us in every situation is entitled to make our own choices in whatever way they serve us. When you judge another, you don't define them, you define yourself. All judgments are based on what you think. Just as you have control over rejecting another's judgment of you, it's essential to give others the same right.. In other words, apply the same principles to yourself as you place on others. There are few of us who can accept frank judgment placed on us. Therefore, why are we quick to place judgment on others? Use your good judgment in all of your situations. Allow others to do what seems right to them.

Very often when you look at the moon, you see only part of it. You know, however, there is a much larger object there. Frequently, when we look or communicate with someone, what we see or hear is only a partial window into their life and who they are. Every person is much more than their appearance or their dialogue. For us to judge what is obvious is to obliterate all that is possible and hidden from view. It's more compassionate to honor a person not by how they look or what they say, but rather by what's in their heart place.

Authentic communication in any relationship occurs when judgment is eliminated. Each participant is free to think, to express themselves, to engage in what serves them best, to make his or her own decisions, and to live life without external limitations. Imagine a world where participants engage life to its fullest potential, are unencumbered, treat one another with dignity, and serve society in a manner that is for the greater good of everyone. When we stop judging others because we differ and begin respecting each other's individuality, we can create a better world for us all.

Personally Speaking
"My view on life as I live it"
Bonnie Ross-Parker
Volume 1 / Article 3

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