

# The Cost of Judgement by Lynda Austin

## **What does it cost us to judge ourselves? Others?**

*Judging is so common in our lives. Just try to go through one day without judging anything. It's hard to get past that first look in the mirror in the morning for most of us! Here's what Essence had to say about it.*

Yes. What we would say is that the moment you move into judgment you are out of your truth. That's how important it is. If we would give you one goal each day, it would be to go through that day without judging anything! For many reasons! First of all, the moment you move into judgment about something all learning stops. Because you have come to the conclusion, or you have formed the opinion, made the judgment, that something is either good or bad. You see, by definition judgment means "It's good" or "It's bad"; "it's right" or "It's wrong." Judgment is an either/or, (and certainly not yes/and), only until you have judged. Then there is only one possibility, and so that moment you have come to judgment about something and you label it "right" or "wrong", "good" or "bad", all learning stops.

Any data that you receive from that point on you shunt off in the direction of your judgment. It is as though, once a judgment is made, every bit of information that comes in is funneled into the area that confirms your judgment. Whatever you hear, you hear through the filter of your judgment of "this is right" or "this is wrong". And so therefore you learn nothing! All learning stops once you have made a judgment about something.

Now contrast this with not being in Judgment, being, as so many claim to be, open. Open. Tell yourself "I have no judgment about this." Then, when a statement of fact show up, you can be curious about it. "Ah! I hear this! What does this mean? How does it impact me? How does it inform me?" You can't take in information if you have already made a judgment. You can simply take in data to validate your judgment.

So that, in a nutshell, is how judgment removes you from growth, from learning, from understanding, from acceptance. The moment you've made a judgment you've locked yourself into a particular position and you can't move beyond it. And when you can't move you can't grow.