



IF YOU JUDGE  
PEOPLE,  
YOU HAVE NO  
TIME  
TO LOVE THEM.

## Judgey Judgment

Me thinks we judge too much! Nay, me knows we judge too much. What the hell *don't* we judge? Forget proper etiquette about keeping your opinion to yourself these days . . . me thinks we say it out loud, too much. But that's just me, judging. We know the truth—that everyone is entitled to their opinion and choices—but still, we think we have the right to tell someone what to do and how to be, and even shun or shame or blame them if they don't agree. And there's no restrictions. Now we're to the point we think we can tell people not only what to think and believe, but what to do with their own life and body. What the HELL is going on? **That's just it, HELL.** The division of forgetting these are human beings that are equal to us puts us in a state of living hell.

Even as this is pointed out, and deep in your heart you know it to be true, we still have a . . . "But, . . ." REALLY? Stop thinking with your butt! :) That's what gets us into the messes. It's really irritating to me sometimes, and you know why? Things bother us when there's something in us we're not facing, related to whatever is aggravating us. It's a genius design to try to get us to pay attention to ourselves and what we're doing. The truth is, other beautiful human beings and events are all putting on a grand production to get you to deal with your own shit. I'm constantly amazed as I recognize this. Watch with honesty and ask, "What is this trying to show me about myself?" Listen with your heart and soul (not the blocking your brain will automatically do) and you will notice things about yourself you want to change. (The mind will try to get you to blame other people, but that's NOT really what's going on here . . . your heart wants you to listen and be better. DO better. . . )

So there I am, in my humanness, scolding, "People should stop judging and telling each other what to do! They should let people make their own choices! We all still get to decide what we do, based on what they do, so STOP IT!" Writing this helps me face it, embrace it, and listen to what my heart wants me to know about this, so here I am. First, I ask for grace from all the Divine Helpers to see the beautiful truth I know I'm missing, because to me, I just see ugly with all of this at first. A couple of deep breaths and letting my heart think clears away some of the ick. I ask God to release whatever is not for my highest good and show me. I start to see something different.

In a world where we are meant to see all sides so we can decide what we're going to do and how we want our life to be, diversity keeps everything in motion. We NEED diversity, in all ways. It provides endless opportunities to evolve, to change our mind, and to hopefully be proud of the choices and actions we make. If we're wise enough (my judgment) to ask and appreciate our Divine Guidance in every possible moment, we feel more like our true selves and find peace. No matter what. We find that we DO respect everyone, even those that we may have judged as being harmful; we realize they play a critical role in forcing some people to choose and we actually start appreciating them. We have to respect whatever path they choose for themselves; it's their mission!

But mostly, being irritated by everyone else judging tells us that we are annoyed by that part of us that jumps to judgment so easily, whether it be judging others, judging situations, or more importantly, judging ourselves. God knows, we don't welcome being judged by others, but still, we judge ourselves. Not only do we find faults, brokenness and short-comings in ourselves all the time, but we go to the other extreme too, thinking we're

smarter than, more deserving than, or better than others. Both lines of thinking couldn't be farther from the truth and thus, they feel like crap—all of it! “But I need to tell them they're WRONG and I KNOW the truth,” we argue. We may even feel obligated to “save” people by sharing the truth with them; I suppose that is exactly what I'm doing here, with my writing. I really do love people—all people—and want so badly to help . . . but how dare I interfere with their path and their learning. I can just ask God to take care of it instead. He knows best.

So I'll tell you where I find peace and maybe it'll spark an idea in you, to keep peace within you too, no matter what comes--“Hell or High Water!” But I know for sure, you need to find your own way and your own truth, deep inside your heart. The heart truly always knows. It has wisdom beyond what our human brain could ever understand. It is where our soul talks to our humanness and helps us untangle ourselves from the silly human things we spin around in. We do need to interact with people and situations and express ourselves, even if it's just in talking to ourselves sometimes, which these days, is often more appropriate with the extra-sensitivity out there. All the while, stay focused on the commitment to be your best possible self, no matter what. That dedication, that love for who you truly are, naturally brings peace and contentment to your life.

Appreciate the truths you see in yourself, others, and in situations—even world chaos. Be grateful you know what you know. Use Divine Discernment to know IF, WHEN, and HOW to share your wisdom with others. I find that most of the time, situations arise just to allow me to embrace what I'm feeling and to make choices I am proud of, and to live my life peacefully. It truly doesn't matter what anyone else is doing or what they think. It's also not usually their business how I feel about anything or how I choose to live my life. None of us need to divulge anything to others and no one owes us anything. We always get to make our choices, accordingly. We are always truly responsible for our own life, and so is everyone else. Respect this in everything!

So judging . . . it's pointless unless it's helping us grow into our more genuine, loving selves. Use the tools—the lessons—that come up for the good. Be gentle and loving with yourself as you realize things that annoy you are trying to help you grow more into who you want to be. Ask for grace and gratitude, love and compassion from the Angels and all the Divine Guidance that is literally part of your life, at all times! Simply decide, “I choose again,” the second you feel icky about anything, and strive to be the most awesome being you can imagine. Truly, who cares about all the silly human stuff? The light and love that you are made of dissolves it instantly, if your free will chooses to. Talk yourself through it next time you feel something dark coming up and BE FREE.

If you only knew how one little thing you did dissolves darkness with ease (especially NOT judging, even in your thoughts on the second try) . . . pay attention . . . you'll see . . . ~[Mary Anne](#) ©Copyright Annie Press, AnniePress.com

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*- Mary Anne*