

Judgments

Once beans are planted, they are fertilized by waste by-products. Dead, decaying leaves, animal waste, and artificial fertilizers. Judgments are a large part of that waste. Even traumatic experiences and events can be birthed out of judgments from other people, and not truth - wars, divorces, racial riots, bullying - are all by-products of judgments.

For instance ... a woman who has experienced multiple relationships with men which have resulted in a great deal of pain and betrayal, may come to the conclusion that ...

Men can't be trusted (translates as ALL men can't be trusted) rather than - the few men that I have known, were men I chose that can't be trusted. I chose them out of my own filters, and picked only what I believed and could see, not what was (fruit = there are really good men on the planet doing really great things)

Likewise, anyone who has experienced betrayal at the hands of a certain type of individual will draw the same conclusion. Fill in the blanks with the first thought that comes to mind from your own life experiences.

_____ can't be trusted.

_____ isn't good enough.

_____ will never enjoy _____.

Write other judgments as they come to mind. *Remember, these are FINAL conclusions about a matter.*



