

# FIRST JUDGEMENT



**Sara C. Schurr, Ed.D.**

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**An Overview**

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# 1 An Introduction to First Judgment

## What is First Judgment?

“Why are we here? What is life on earth about? And how did I get here? Are we here as a punishment? Is this a living heaven or hell or something in between? Were we sent here? And if so, why? At sometime in their lives, everyone asks these questions. First judgment is *one* way of answering them.

Once upon a time, long, long ago, before time began, you were an unlimited being. You were one with All That Is. You were capable of doing *anything*. You had the power to choose anything and to create anything you chose. You could see and experience all possible moments and all possible outcomes of all possible moments. Looking at all these possibilities you were drawn to this set of possibilities that we call reality, simply because it looked interesting or intriguing or entertaining. It was in fact a fascinating looking game—both as complex and as simple as the game of Go or Chess. There were an incredible number of potential opening moves and lots of twists and turns and a few very predictable events.

Somewhere along the way you would embrace judgment and decide you needed to separate from the All That Is. From then on you would pretend to be a separate entity and you would forget you were in fact still one with All That Is. And eventually after many lifetimes and lots of trials and tribulations, you would wake up, let go of judgment and end the game. Every other step in the game would be up to you. How it all came about, how long it would take, what you would experience along the way, would be up to you.

In the process of cozying up to judgment—your own set of individual moves that made judging possible—you would develop your own personal style and logic for playing the most intricate part of the game, being a judge. Built into that logic would be a flaw that would make being a judge *easier* than letting go of judgment. It would make judging and playing the game *real*. It would help you *believe* you were separate.

In preparation for embracing judgment you would slowly embrace a series of concepts and ideals that would make judging irresistible. Once you were sufficiently cozied up to judgment, some simple event would occur and you would judge yourself for something. The flaw in your logic would make that judgment not only possible but logical. You would decide you were *wrong* and *bad*. Then you would make the most fateful move of all, you would judge the judging itself as a mistake trapping yourself in the game.

Wanting to prevent the All That Is from being wrong, you would make the “ultimate sacrifice” and decide that it would be best to be a separate entity thus

saving the Isness from being wrong. Alone, disconnected and wrong you would have completed the most important and painful move in the game, embracing judgment and becoming separate.

You would construct all of your future moves based on your first judgment. You would design all of your future lifetimes with one of two purposes in mind. You would either construct a move (lifetime) to prove to yourself you were right in judging yourself to be wrong and bad in the first place thus proving to yourself over and over again you were bad and wrong at your core and in the process being punished for it. Or you would construct a move (lifetime) in an attempt to get another chance and do it right this time. Since it was the flaw in your logic and not actually your actions in the event that was the “problem” this would never work. You would always end up failing. Over time these two purposes would intertwine to produce the patterns you have in your life today.

Here lies the additional value of knowing about first judgment. It not only explains how you got here and why, it can help you unravel your most basic beliefs and patterns. It can help you see why you do what you do, why you react the way you do and why you seem driven to repeat extremely painful and often destructive patterns over and over again. And finally it can help you unravel the flaw in the logic that perpetuates the game. It can help to set you free.

## Why Did We Judge Anyway?

Looking at our lives as they exist today, it is hard to see why we would have ever thought this might be fun. Why would an unlimited being be interested in doing *this*? Didn't we know it was going to be painful? Didn't we know we were going to feel stupid and stymied and limited? Didn't we know that judging was bad news? Well, yes and no. To an unlimited being all of this is illusion. The pain is no more real than the blood in a bad “shoot ‘em up bang bang” movie. The lifetimes of distress and lack of fulfillment are just trips around the Monopoly board. It is all a game. Judging is the way you enter fully into the game. It was not a mistake!

In our minds, if judging was the “cause” of this predicament then it was a big mistake. And that is just the point. Once we embraced judgment, we judged judgment as bad. We didn't like being wrong. But we didn't want to be wrong about having been wrong—crazy sounding enough for you? So we decided to make the reality itself wrong. Then we could be right about how we felt about everything including ourselves.

Judgment was not a mistake anymore than taking someone's bishop in chess is a mistake. It was just a big move. It made the game *real*. And we got lost in the game. We decided it was an awful game, one we shouldn't be playing. In fact, we've even forgotten it's a game. We think that this is all there is.

Sitting back, outside of time and judgment you can see it was/is all an illusion. The game is over there. We are still as unlimited as we ever were. It was a great game. It lasted a long time and when we were done, we let it go. Even letting it go isn't important. It *will* happen. It is not a question of *if* only *when*. And *time* is an illusion.

## 2 An Example of First Judgment

Everyone's first judgment is different. People chose different times for their first lifetimes and different circumstances. The issues that arise in the process of cozying up to judgment are different. But at the heart, the process is the same. Here is an example of a first judgment, mine.

Being part of the original creation committee for planet earth, I'd been watching the adventures upon the planet for a long “time” outside of time. I took on a body and hung out in what I call fifth density: the planet as we know it but without judgment or time. There you can see everything that is happening on the planet both inside and outside of time. So folks like us who are playing the judgment game are visible even if the folks in fifth density are invisible to us. Everyone starts out in fifth density. You might say it's the departure point or square one of the game.

Watching the folks in 7<sup>th</sup> density (reality as we know it), I became intrigued with all of the drama that went on. Folks were constantly calling for help, thinking that someone “out there” must be able to help them. I of course realizing that all beings are one and of equal power, knew that there was nothing in fact that I could do to “help” them. They were creating their own reality and would continue to. But I had noticed that from time to time they created folks who said and did things that they decided were helpful. So I decided to throw my hat in. I'd go into 7<sup>th</sup> density and see if anyone wanted to “use” me as a tool to help themselves. This by the way is the essence of a helper.

I chose the middle Atlantean period for my first lifetime. I guess I wanted to be unusual. Maybe I thought my chances of beings seen as helpful were better in a period when unlimited beings were relatively rare. In any case, I was born to a family in an “urban”—I use this term loosely—area where there were very few other unlimited beings. I grew up knowing I was unusual and became very used to the idea that I was a resource for the community. When people had problems they came to me for my wisdom. I didn't solve the problems. I asked questions. I pointed out beliefs that were impediments to clarity. I was “helpful.” I knew I wasn't *doing* anything. The people who were asking the questions were doing everything and only if they decided they wanted me to be helpful would anything I said *be* helpful.

My first cozying up to judgment step came when I realized that being wise beyond my years was different. I had gone on for years, blithely doing what I was doing and never stopped to think that I was different. I was one with

Since I seemed to know more than everyone else, I decided that the real everyone. I couldn't be different. But somehow after many years, it did occur to me that everyone else seemed to have pain and lack and suffering and I didn't. I knew that the pain and lack was illusion but it did seem that I was different not to have it.

My reputation as a "helper" spread as the years went on. People from all over came for my "help." In time I began to think that I was not only different but perhaps I knew more than everyone else. After all, they were always telling me how wonderful I was, how much I knew, how wise I was. And so I decided I knew more. This was my second cozying up step.

Since I seemed to know more than everyone else, I decided that the real problem here was that folks had forgotten that they were one with All That Is. All of their problems would vanish if they would let go of being separate! Then they would be like me and they would see that this was all a game. So I set up an enlightenment school. For 150 years I taught. And no one became enlightened. People kept coming. They kept asking questions and receiving "help." But no one "got it."

Slowly over the years, their pain and suffering began to look real. And my need to enlighten them became greater. If their pain and suffering was real, then the *only* way I could save them was to enlighten them. Deciding that their pain was real was my third cozying up to judgment step. Now I was different, wiser and their pain was real. I stepped up my efforts. I worked out spiritual practices to bring them to enlightenment. I set them tasks, questions to ponder. I did everything I could think of. Nothing worked. The years passed.

Somewhere along the way I decided that it was my responsibility to save them all. I was different, I was wiser and knew more, their pain was real and I had none. If anyone could save them it must be me. And since I was bigger and better, it must be my responsibility. This was my fourth cozying up step.

One day, after years and years of teaching and not succeeding I reached my limit. There was nothing more I could think to do. What else was there to do but to give them all of my being, my very soul, my entire spirit. Maybe that would do it. But I didn't want to. I was unwilling. So I judged myself for being unwilling to give everything for their enlightenment. And then I judged myself for judging. I became separate from All That Is. I became desolate, depressed and ashamed. I banished all of my students. I did not want to see them. They only reminded me of my failure and my judgment.

One student refused to leave. She stayed in the face of my fury. She loved me and I could not accept that love. If I had been able to accept her love and her forgiveness I might have been able to see that I had not failed anyone. No one had come to me to be enlightened. They had come to me for a little light. They had created me as a source of a little wisdom, a little help. The flaw in my logic was that I began to believe there was something I could do to enlighten them. Believing that made it impossible for me to let go of my judgment of myself. But the truth also made it impossible for me to have ever succeeded. No one can enlighten anyone else. No matter how many lifetimes I've tried it, no matter how much service I have given, no matter how much of my life I have given, it has never worked.

I have had lifetimes where I was selfish and self-centered, proof of my self

judgment. I have had lifetimes where I was clueless and no one helped me. I have had lifetimes when I have dedicated my entire life to the service of others and have still not managed to give enough.

I am an ommitter—I judged myself for what I didn't do. I didn't give enough. I am a helper. I came into that first lifetime to play the game from the helper's point of view. I judged myself for being unable to enlighten others and being unwilling to give my very soul so that others could be enlightened. The flaw in my logic was that I decided it was possible to do something to enlighten others. My cozying up steps were 1) I am different, 2) I am wiser and bigger, 3) I decided that their pain and suffering was real, and 4) I decided it was my responsibility to enlighten everyone else because I had the answers and I was wiser and bigger and they were in pain.

Simple, seamless, elegant. Deadly. I have lived all of my lifetimes under the spell of my first judgment. I have spent the last ten years unraveling it, seeing how it works and seeing how it runs me. I have not let it go but I am closer than I have been in any previous lifetime.

### 3 Omitters and Committers

Everyone judged themselves initially for what they did or didn't do. Those that judged themselves for what they *did* do are committers. Those that judged themselves for what they *didn't* do are omitters.

Everyone judges themselves now for both what they do and don't do. But we have one or the other that we give more attention to. If we are omitters we are harder on ourselves for what we don't do. We worry more about what we don't do. And that affects our personal style. Omitters tend to be busy people. They make great workaholics. They are driven always to *do* more. When they wake up in the middle of the night feeling neurotic they are much more likely to lay awake worrying about what they haven't gotten done yet and what they need to do tomorrow than what they've done wrong.

Committers worry more about what they've done wrong. They make great planners and analyzers. They tend to be reticent about taking action for fear they might do something wrong. They work very hard being prepared for everything that might go wrong. If they are going to lay awake worrying, it's about what they've done wrong or what might go wrong next.

Omitters tend to be impatient with committers. When are they going to get the show on the road? Committers tend to think that omitters are just too busy. Can't they stop and think about what they're doing. They are so rash!

Realizing that this is a matter of basic style that goes all the way back to your first judgment might help you tolerate each other better. It might also help you see how pervasive your first judgment is. If you judged yourself for what you didn't do and you associate the pain of first judgment with not doing something you thought you should have, of course you'll work very hard to not experience that pain again. You'll stay very busy, doing everything you can think of to make sure you can't judge yourself for not doing something. If you judged yourself for something you did then of course you'll be on the look out for what might go wrong and want to be very careful before you take action.

### 4 Helpers, Crap Shooters and Oopsers

Everyone entered the game as either a helper, a crap shooter or an oopser. Oopsers are very rare. In fact in nearly 10 years of doing first judgment sessions, I've come across only one oopser. Oopsers enter the game in one fell swoop. They get so involved in watching the game from 5<sup>th</sup> density (planet earth with no time or judgment) that they skip being born into 7<sup>th</sup> density (earth as we know it with judgment and time) and do a rapid cozying up process right in 5<sup>th</sup> density and embrace judgment there. Oops! They judge something going on in the game itself as wrong and then judge themselves for judging.

The rest of the population is evenly distributed between helpers and crap shooters. Helpers are beings who decided to enter into their first lifetime knowing that you really can't help anyone, but also knowing that people choose to see help in the guise of others. The helper decides to take on the role of being seen as helpful. Crap shooters on the other hand decide to enter into their first lifetime simply to play the game. We call them crap shooters because in a way they are placing a bet. They are looking at the game and saying "Let's see how long I can hang out without judging and then when I have judged how long it will take me to get back out." They are placing a bet in a way on themselves and how "well" they will play the game.

There is nothing inherently better about one group or the other. However our society has a preference for helpers. We've decided that helpers are "good" people. The Mother Teresa's of the world are highly regarded. We encourage people to be helpers and say that they are noble. If you are a helper, you are not better than the crap shooters. You are in a way simply caught deeper in the game. You've forgotten that your role is a game.

Crap shooters find it quite easy to understand that the purpose of life is to live. They are here to experience life, to live it as fully as possible. From that point of view, you can say that they are closer to seeing that this is all a game.

Helpers have a hard time accepting that the purpose of life is to live. They want a noble purpose. They are sure they were placed on the planet to do something *important*. They don't like the idea that their real purpose is simply to live.

Don't think that if you want to be helpful or would like to do good deeds that you can't be a crap shooter. Most of us are busy trying to do something to make up for whatever we judged ourselves for. That can look like "good deeds." However helpers, seem more drawn to "helping professions" and spend more of their focus and energy on others than crap shooters do.

Give yourself a test. Answer as truthfully as possible from your guts: How do you feel about the statement, “The entire purpose of life is to live. Nothing else, just live.”

If that statement makes you uncomfortable, angry, or confused you are probably a helper. If it makes pretty good sense, feels good, or you like the sound of it, then you’re probably a crap shooter.

## **5 When Was Your First Lifetime?**

When designing your first lifetime everyone gets to choose when they incarnate. Any time is available. You could have had your first lifetime in the 22<sup>nd</sup> century AD. Most people, however, in a effort to maintain some linearity to the time flow, chose lifetimes at the beginning of earth history. Aside from wanting their lifetimes to proceed in an orderly fashion through time, the main reason for selecting these early pre-history periods has to do with the fact that being an unlimited being in those times was not unheard of. Can you imagine the ruckus that would be caused today if someone gave birth to an unlimited being? Between the tabloids and the religious people, the family and the being would have no peace whatsoever.

The pre-historical periods did have some experience with unlimited beings. They were not tabloid material. Even in late Atlantis when they were pretty rare, it hadn’t been thousands of years since someone had been enlightened.

So why choose one period over another? Because each period produces a different experience. If you wanted hardly anyone to give you any special notice, you decided to be born in early Lemuria where unlimited beings were as common as junk mail. If you wanted the challenge of being amazing from day one, you chose to be born in Late Atlantis where unlimited beings were as rare as registered, insured special delivery letters.

### **Lemuria**

We throw the terms Lemuria and Atlantis around very lightly. They are more a label for a period than a place. Lemuria was the period of the earliest hominids. They were an extremely primitive people hardly even using tools. In fact, what they used for tools many archeologists wouldn’t recognize as tools. Just because they weren’t tool makers doesn’t mean that they weren’t intelligent. They had complex social structures and a very close relationship to spirit. They still remembered being one with All That Is. Their lives rotated around their spirituality and their activities reflected their knowledge that everything was connected.

### **Early Lemuria**

In early Lemuria unlimited beings were very common. In fact most of the population started out as unlimited beings. After all, you have to start somewhere! If you chose to be born in early Lemuria, you were greeted at birth by people who not only recognized you for what you were but also for what



you were doing. Your parents were probably either still unlimited or were in the process of embracing judgment. Your siblings were probably mostly unlimited beings too. Everyone was doing what you were doing. Everyone had seen many people embrace judgment. Everyone still understood the nature of the game even if they were rapidly losing their perspective on it. You might say that while everyone still remembered they were playing Monopoly, the game had gotten deadly serious!

## **Middle Lemuria**

In middle Lemuria unlimited beings were moderately common. Every family had one or two. Every tribal group had lots. In this situation you could be like the kids in the accelerated math track. You were likely to be seen as different or at least gifted by those around you but you weren't *that* unusual. You had company. You would get to see others move through the embracing judgment process. Maybe you chose this because you liked the idea of not being alone or having a model but still having the tempting challenge of dealing with being different.

## **Late Lemuria**

By late Lemuria unlimited beings were merely common. Every tribal group had at least one at any given time but probably not more than two. If you chose to be born in this period you would be different than most everyone from square one. You might go a long time without meeting another unlimited being. Your tribal group might consider you a blessing. Your family might consider you a status symbol or a mark of the fact that they were blessed by the Gods. By this period, it would be very easy to end up as a whole tribe's "helper." The challenge of not getting rapidly swallowed up into thinking you were different would be great.

## **Atlantis**

We label the time period when tool making became common as Atlantis. In this time, the material world becomes a greater focus than spiritual world. Social structures become more complex. The first stable villages spring up. Technology begins to play a factor and religion as we might recognize it begins to appear. There are priests and shaman and healers.

## **Early Atlantis**

In early Atlantis unlimited beings were relatively uncommon. A village might have only one unlimited being in a generation or longer. If you chose to be born in this period you could well be the only unlimited being that anyone in your village had ever met. The previous unlimited being might only be a legend. It's possible that you could go a long time without meeting another unlimited being. Your village might take status in your very existence. They might say they were "chosen people" blessed by the Gods because you were

born in their village. You would be told from day one that you were different and special. The path of your cozying up would be clear and almost unavoidable. As a helper, the probability of becoming a cosmic vending machine or the wise woman or man for the village was very high.

## **Middle Atlantis**

By middle Atlantis unlimited beings were unusual. A village might have one born to it once every 100 years. At any given time, there might only be one unlimited being in an entire area. Your family and your village would consider you to be a gift from God. The priest would say so. You would be a sign of God's approval. You would be status symbol for the whole village. You would be special and different from the very beginning. People's expectations would be very high. You might have been the answer to their prayers. The deck is stacked. The way is clear. Judging is all just a matter of time.

## **Late Atlantis**

In late Atlantis unlimited beings were rare. At any one time, there might only be one or two unlimited beings in a whole region of the world. If you chose to be born in late Atlantis, your birth might be celebrated throughout the countryside. It might be seen as a sign that the harvests would be good, that pestilence would be held at bay. You might be made ruler or high priest or priestess just for being born. The moves in this round of the game would be very different than early Lemuria. The cozying up process would take place on a grand scale. The power you might wield would be great. And the distance you would fall when you embraced judgment might be huge. The stakes are high but the game is still the same—cozying up to judgment.

## 6 Cozying into Judgment

It is often times a mystery to people how an unlimited being could ever embrace judgment. Wouldn't he or she know better? Yes and no. Judgment isn't bad you know. But what is true is that if an unlimited being judges they are also completely capable of letting go of that judgment, forgiving themselves and everything about the judgment in the next moment and returning once again to the state of non-judgment. If they had not gone through the process of living in this reality and slowly cozying up to the ideas and concepts needed to judge, an unlimited who judged would not be phased by the process. They would not judge the judgment. They would simply let it go. What is necessary is what we call the cozying up to judgment process. In this process, you move from being totally unlimited and one with All There Is, knowing you are one, experiencing you are one and knowing there is no such thing as good or bad to a place where you have separated from some parts of the Isness, where you see yourself as bigger or better, where you see yourself as more powerful than some portions of the Isness and thus have opened the door to judgment.

### The Process

Everyone who is born as an unlimited being in this density with the intent of playing the game fully, goes through the cozying up process. Each individual goes through it at their own pace and takes their own unique steps. But everyone goes through it. To get from unlimited to judging you must change your basic viewpoint of what reality is, who you are and what is going on around you. That is what cozying up is all about. Only when you have come to a place where you feel in some way separate and superior and that what is in fact a game has become *real* can you embrace judgment in a way that it "sticks."

### The Issues

I admit to having not been terribly methodical in dealing with people's cozying up process. I haven't kept track of how many people have taken which steps. But I do have a general feel for the process and it seems to me that almost everyone ends up encountering the same issues just in different contexts.

### *Being Different*

Everyone seems to start the cozying up process with the idea that they are

different. It is the tiniest beginning of separation. When you are unlimited and one with All That Is there is no sense of difference. Everything is one. Perhaps your toe is a different sort of thing than your nose but they are one. They are still made of the same molecules and atoms. They are made of the same sorts of cells. They are connected. They are integral parts of the whole, your body. They simply are playing different roles. When someone takes the cozying up step of seeing that they are different, they take a step away from the whole. They may see themselves as still one with All That Is but that the others, the limited ones are different and not as one. They are after all embracing the viewpoint of the limited ones. They are the ones who are telling you over and over how different, how special, how gifted you are. It's just a little step, it's not deadly. You're not ready to judge but you have begun the process.

### *Being Better Than Others*

Everyone also seems to decide somewhere along the line that they are better than the limited beings around them. This is just another step in the separation process. And it is usually based on observation. Those other folks can't manifest what they want. They don't know the answers to their questions. They get diseases. They experience pain and lack. They die. They say they are not one with All That Is. They say that you are superior. Over time, their testament plus your observation of the situation makes this a logical deduction. You can do everything and anything you want. You know it all. You are one with All That Is. So you must be better. Now we do not have just difference we have distance. You are *above* the limited folks.

The big difference that I see with this step is *when* people make this one. Some do it right after the difference step. Others wait until they've made several other steps. But everyone that I remember working with has made this one.

### *The Illusion is Real*

This step is absolutely necessary to embracing judgment. There is no way that you can judge yourself for not helping or for doing something wrong in relationship to the others around you without having bought that the pain and suffering, the lack, disease and death that you see in the world is real. If it isn't real there really isn't anything to do about it. Are you going to go and try to stop the blood that you see in a movie? Will you run on stage and try to keep Juliet from killing herself? No. You know it's all a game. It's not *real*. You will not give yourself a hard time all the way home from the theater because you didn't run up and save Juliet. It's not your job. You're the audience. Her role says she's going to kill herself. That's her job. You're just supposed to enjoy the play. But if you now believe that you're watching the real thing it's a whole other matter. Now those gladiators out on the sands of the Coliseum are flesh and blood and one of them is going to die. If you are big and powerful maybe you could do something about it. Maybe you could move to the idea that you *should* do something about it.

When you decide that the illusion is real, you don't decide that the pain and suffering is bad. That is judging. But you make it possible for you to make

that step when the time comes. Until you decide that it's real you're not close to judging at all.

Some people take this step in a number of small steps. They may decide initially that pain or loss is real and then in another step decide that death or some other form of suffering is real.

### *Being More Powerful*

The form that this step takes varies a great deal. For some it is literally that they decide they are more powerful than everyone else in their reality. For others, it is more subtle. Any unlimited being will tell you that *everyone* is of equal power. There is no one of greater power than you and no one of lesser power than you. You can't do something to someone they don't want to have you do. And you can't stop someone from doing something they want to do. It is not that there is a rule against it, it is simply that we're all equally powerful and thus it is a stalemate. This means that in fact, there are no victims. There are no saviors. Helping is an illusion. It looks like you're helping someone else when in fact, they are simply not recognizing that your presence or your involvement is their creation.

When someone decides that it is their responsibility to help others or to save others they are taking the "I am more powerful" cozing up step. When someone decides they should do something for others just because it looks like they can, they are taking the "I am more powerful" cozing up step. When someone decides that the limited beings around them are powerless, they are taking a version of the "I am more powerful" cozing up step. People do lots of variations on this one. Sometimes they play it out into several steps.

### *Other Steps*

Everyone constructs their cozing up steps differently. They weave them into the events of their lives. They may get fed up with people coming and asking for more. They may feel frustrated that they aren't really making the difference they'd like to. They may get involved in the entrapment of others around them in judgment and build up beliefs about judgment itself. These are the steps that make the story unique, that make your own logic hang together.

No matter what the cozing up steps are that you take, the last step is a dozy. It's the step where you move over the line. You decide that something in the illusion is bad, shouldn't have happened and you judge your role in it.

## **7 Making Your First Judgment**

People take varying amounts of time to go through the cozing up process. Some people go through the whole process in twenty or thirty years. Others may take hundreds of years. Don't get into comparison. It doesn't mean you're any better than anyone else just because it took you a long time. Sure you may have won the first round of the bet if you're a crap shooter but how's the second phase going? There's an entity who calls himself Ramtha who says he got in and out of judgment in one lifetime. I think he won! So forget the contest. The point is you did it. You cozed up to judgment and you embraced judgment. Your job now is to get back out someday.

### **Judging Yourself and Others**

Everyone ends up judging themselves in their first judgment. Some people start with those around them and then turn on themselves. Others start with themselves and then turn on those around them. It really doesn't matter which way you go. I, for instance, first judged myself for not being willing to save everyone by giving up my soul to them. I then judged my students for not being satisfied with what I did give them, for being slow and not getting it and finally for reminding me of my failure.

The important thing to realize here is that you also judged something out there in the world as wrong. I decided that folks not being enlightened was a problem. That was a judgment. Then I judged myself for being unwilling to sacrifice myself in hopes of bringing enlightenment to those around me. If I hadn't judged the lack of enlightenment as a problem I wouldn't have judged myself.

I know people who judged themselves for saying things that people around them listened to and then got themselves killed over. If they hadn't decided that dying was a problem then they couldn't have judged themselves for what they said.

That final step is a dozy. You judge the world, you judge yourself and you judge others, often times in one fell swoop.

### **Judging the Judgment**

The final nail in the coffin in the first judgment process is judging the judgment. If you managed to just judge the world, yourself and others but not the judgment, you could probably come again to a place of neutrality and release the judgment. You would see that forgiveness was all that was needed.

But when you decide that judgment itself is what got you into this mess, you cut off your own road to forgiveness. You are literally piling judgments on top of judgments. You are saying that not only are you wrong for being involved in a situation that is wrong but you are wrong for having decided it was wrong. You are moving from judgment to judgment squared.

Once you have judged judgment your focus shifts from yourself and the reality around you to judgment itself. You begin trying to make good judgments. You try to do right things. You try to pay for things. You try to make bad things go away. Your focus is not on changing your thinking about the situations or about yourself, i.e. letting go of the judgment itself and moving to neutrality but instead the focus is on the judgment game itself. This is how you get lost in the game.

## Forgetting to Forgive

Once you have judged the judgment and have gotten lost in piling judgments on top of judgments it is very hard to remember about forgiveness. Forgiveness is this business of letting go of a judgment. When you forgive you move to a place of neutrality about everything in a situation. For example, if I were to forgive my first judgment I would come to a place where 1) I could see that enlightenment wasn't the point. Everyone and everything was as it was and didn't need to be changed. 2) My choice to not give my soul was just a choice. It was not bad or wrong. It just was my choice. 3) Everyone was at choice in the situation. Those who did not become enlightened chose that. I honor it. 4) There was nothing wrong. Everything was as it was. And 5) There was nothing for me to do.

To do this would have required me unraveling all the logic I had built up in the cozying up process. My focus had shifted by the time I judged away from accepting what is as what is to changing things. Forgiveness was not in my point of view so it was easy to forget that it was an option. I was trying to do the right thing. I wanted to be right and I'd ended up wrong. Right and on, not acceptance, was my focus.

## Not Wanting to Make the Isness, God, Goddess, All That Is Wrong

Once you have judged yourself, the world and your judgment you have a technical problem. You and the world around you is wrong. The world around you has been telling you for years, that it is separate from All That Is. But you still believe, even after judging that you are one with All That Is. But if you are wrong and you are one with All That Is then by association, All That Is is wrong too. You already feel really bad. You have shame greater than you can ever imagine. You want to minimize this shame. So you make another logical step. You decide that the way to minimize your shame is to not make All That Is wrong. You decide to save the Isness from the taint of badness around you. You decide you should not be one with All That Is. It is a gracious act of self sacrifice. It's not needed. It's actually not possible. But you do it anyway. And you believe it.

## Finishing Separating from All That Is.

Each step that you took in your cozying up to judgment process actually was also as step in separating from All That Is. When you decided you were different you took a step away from the part of the Isness who already thought it was separate. When you decided you were more powerful and bigger you took another step. Deciding you needed to save the Isness from being wrong was simply the last step. It wouldn't have been possible if you hadn't taken the steps before it. It wouldn't have made sense. You would have seen the nonsense of it. You would have seen it wasn't possible. But by now, the illusion of pain is so real; the illusion of lack is so real; and the illusion of wrong is so real that creating the illusion of separation doesn't seem impossible.

This final step moved you from shame and pain to desolation and despair. Think of what it must have been like, to go from a place where you were one, connected, united with everything and everyone to a place where there was just you, alone for the very first time. Silence. No font of wisdom to draw on. No peace of mind, no security in resting in the arms of God. Just you alone, separate. It is no wonder that people die very quickly once they embrace judgment. The despair is so great. The loneliness so deep. The shame so heavy.

## The Unbearable Pain of Being Separate

Many spiritual disciplines acknowledge a thing that is called "The unbearable pain of being separate." Some call it the desire to return to the source. Some call it the desire for forgiveness. Some call it simply the pain of having been banished from the garden. Whatever it is called it is all the same. It is the pain that comes from believing that you are no longer one with All That Is. We run from that pain. We separate ourselves from each other, in hopes that the distance between us will cut off the associated pain that we feel when we are close to someone but still are not one with them. And lifetime after lifetime we die trying to escape that pain, hoping that unity is on the other side. But it's not. Unity will only come when you let go of the belief that you don't deserve to be one with All That Is. It will only come when you stop trying to protect the All That Is from being wrong. You are already one, it is a delusion of the deepest sort that makes you feel a pain for a separation that doesn't really exist.

## 8 The Flaw in Your Logic

### All First Judgments are Based Upon a Flaw in Logic

The logic that you wove as you cozied up to judgment is fairly seamless. It makes lots of sense. It was reasonable to decide that you were different from the limited folks around you. It was reasonable to decide you were more able, better at manifesting, wiser. It was reasonable to conclude from the evidence that you therefore were more powerful or superior in some way. It was reasonable to decide all that pain and suffering that surrounded you and looked so real was real. You were living in a reality constructed of illusion. The illusion looks real. It feels real. It is the best “virtual reality” there is. It was reasonable to decide that it *was* real. It is reasonable to continue to think that it is real.

For all of this reasonableness and logic there is one piece of the logic, one step in the cozying up process that is the linchpin in the logic. I call it the flaw. If it were not true the entire thing would fall down like a house of cards rocked by the stiff breeze. You might say it’s the fatal flaw. It not only holds up the logic with which you judge yourself and the entire reality but it is also what made you first judgment logical in the first place. Without it, your first judgment doesn’t make sense, it’s not reasonable and in fact is incredibly ridiculous.

Let’s got back to our example. The fatal flaw in my first judgment logic was that I believed there was something I *could* do to enlighten anyone. In fact, it is impossible for anyone to do anything to enlighten anyone else, what does that do to my first judgment? It makes it mute. How can I judge myself for not succeeding in saving everyone? How can I judge myself for not giving all I had for a truly impossible task? How can I say I was selfish for not being willing to give my soul away for something that isn’t possible? Further, how successful am I going to be over my lifetimes in doing it right? Is the game rigged? You betcha! I can’t win. I was not only trying to do something that isn’t possible, I was trying to do something that no one wanted. The people around me didn’t want to be enlightened. They wanted a bit of solace. They wanted a little light. I misinterpreted my task and decided I *should* do something that is in fact not possible.

What happens if I can really totally accept that it’s not possible to enlighten anyone else? My first judgment logic begins to unravel. It doesn’t make any sense. Oh, I may hold onto my assessment that I am selfish and

unwilling to sacrifice for a while. After all I’ve got lifetimes of evidence that I’ve collected to support my first judgment. But in time, I will see that there was nothing wrong in the first place. There was nothing to judge. I will move to that place of neutrality that is forgiveness and let it all go.

The importance of knowing the flaw in your logic is that it is the toe-hold in an otherwise seamless system. It is the way you can begin to work to disassemble your first judgment and all of the beliefs you have built upon it. It is the place to begin.

### You Build Your World View on Flawed Logic

Your first judgment is the core of your belief system. If it is based on flawed logic, so is the rest of your belief system. All of the judgments you have made both of yourself and others are flawed. They are based upon a world view that is created from flawed logic. I do not say this to make you feel wrong or inadequate. I say it as a bold faced statement of what it means to play the judgment game. We all work so hard to be logical and reasonable. We bang on each other about not being internally consistent and contradicting ourselves. The weapons we use against each other and ourselves could crumble the whole system if applied at it’s weakest places—the base. But we never apply it there. Instead we look at our day to day beliefs and decisions where we are safe from having to see how crazy we really are.

Let’s take a look at the beliefs we’ve constructed based upon the cozying up steps. All of us believe very deeply that we’re different from everyone else. We all feel alone and misunderstood. No matter how normal you are and how well you fit in, when you’re feeling blue you go to “nobody understands me.” It is both a source of pain and a source of pride. We’re proud that we stand apart, that we’re not part of the rabble. And we’re lonely. One of the reasons that group therapy is so affective is that we get to see that we’re not as different as we thought. We get to see ourselves in others. We take a step back from the far distant edge of separation and realize maybe we’re not alone.

We all believe that the pain and suffering of the word is very real. How could we not? We work hard to prevent pain in our lives. We create beliefs and defense mechanisms to protect us from all those dangerous things out there in the world. We build up judgment systems to support what we see and believe. We nurture our position as victim and the position of others as victim to support our beliefs in pain and suffering.

We all work from the position that even if we currently are not performing at the level of superiority that we ought to, that deep down inside we believe we *should* be superior. We hold ourselves to much higher standards than we do others. We may be forgiving of someone else who makes a little mistake but beat ourselves unmercifully for it. We are still operating with the idea that we are better than everyone else, even when we haven’t been for lifetimes.

Our beliefs systems are built on that old first judgment game. We believe that power is dangerous because the last time we were *really* powerful we ended up in big trouble and more pain than we could ever imagine—we ended up separate from All That Is. We took the BIG fall.

## All First Judgments Look *Dumb*

You can tell someone else the story of your first judgment and they may laugh. They will think it is incredibly dumb that you entered into the judgment game over something so *dumb*, something so inconsequential. I mean, this is 10,000 lifetimes of suffering and you judged yourself for that! Can't you see that it wasn't your fault? Can't you see it wasn't even possible to do anything else but what you did?

There is an old saying that goes, "It's easy to see a flea on an elephant but it is difficult to see an elephant on yourself." Someone else's first judgment will always seem simple and clear. You may think, "if only I had that one. I could let go of that one." It's a bit like looking at someone else's dysfunctional family and thinking they'd be easier to deal with than your own. Don't feel bad. Everyone's first judgment is dumb. It was a silly thing and we've each made it into the most enormous mountain of guilt and shame you could imagine.

In a way, the fact that our first judgments are dumb looking makes the whole process harder. When you realize you've made a mountain out of a mole hill you tend to feel really stupid about it and try to hide it by saying it's not a mole hill. Accept it. It's a mole hill. Don't try to make it into a big deal. Don't try to make it glamorous. It may have been reasonable to judge what you did, but it wasn't smart. Okay? Accept it. You entered into a crazy game by judging something silly.

## 9 *The Pattern of Your Lifetimes*

In between lifetimes we review our past lifetimes and design our next lifetime. This clever system is not imposed by some outside source. We created it. It began when we died after our first judgment. We immediately began to plan ways of coming back to fix what we had done wrong. And the system of karma was born! We are the ones who decide we have to pay for our mistakes. We are the ones who decide we want to try to repeat an experience and do it right this time. We are the ones who decide that we must suffer in a lifetime so we can see clearly how we were right when we judged ourselves in the beginning.

Everyone creates a pattern of lifetimes reflecting the logic and beliefs that they constructed in the process of embracing judgment. The pattern consists of lifetimes when we try to correct our mistakes, lifetimes when we try to pay for our mistakes and lifetimes when we try to reinforce our beliefs in our judgments of ourselves. Over time we move from having separate lifetimes to fulfill each facet of the pattern to combining them into a grand single pattern. Most of us are now living lifetimes where we are combining trying to correct our mistakes and pay for them while of course reinforcing our first judgment over and over again.

### Trying to *Correct* the *Mistake*

Lifetimes designed to correct past mistakes are incredibly common. You know what they look like. We do it within our lifetimes all the time. We make a mistake or don't do something we think we ought to have and then set the situation up again in hopes that this time we'll get it right. We do this with relationships, jobs and money. We also have been doing it over and over again with our first judgment.

Let's look at our example again. I judged myself for being unwilling to sacrifice my soul, to give it all for the enlightenment of others. I'd tried for years to teach people to be enlightened and had not succeeded. Upon careful review I'm sure I came up with some things I hadn't tried before. And so I came back again and again, trying all of those other possibilities. I've also come back and been put to death for my beliefs, tortured by the Inquisition and spent entire lifetimes totally in service to others. I spent one lifetime living alone in a cave answering other peoples questions. Once a week, I gathered up the questions that they left in a bowl outside the door. I spend the week answering the questions and left them in the bowl. That's all I did for an entire lifetime. It obviously didn't work. I'm still here. In fact the joke is, I'm a

channel for a group of enlightened and unlimited beings who teach about enlightenment. No one has gotten enlightened yet, but I'm beginning to see the joke in it.

The trouble with these lifetimes where we try to do it right is of course, that it isn't possible to do it right. We judged ourselves for something that wasn't possible. Our logic was flawed. You can't correct a mistake that wasn't a mistake! These efforts are doomed. No matter how hard you try you will never get it right. It wasn't wrong in the first place.

### Trying to *Pay* for the *Mistake*

The other favorite thing that we do is try to pay for our mistakes. We decide that we abused our power or wisdom and thus design lifetimes when we have not only no power or wisdom but perhaps end up on the receiving end of the abuse we think we meted out. We decide we don't deserve to be heard because we didn't say enough and design a lifetime when no one listens to us or acknowledges us. We decide we smudged the honor of the Isness and thus design lifetimes where we feel totally out of touch with our spirituality or are persecuted as witches or devils.

We are incredibly creative in this. We do it of course not only for what we judged ourselves for in our first lifetime but in lifetimes since. But the core themes of your life, of the things that are your biggest challenges, biggest victimhoods, biggest shames are tied to first judgment and most likely are a reflection of your belief that you should *continue* to pay for your mistake. The problem with all this is that you can never seem to pay enough. There isn't someone "out there" who is keeping track. It's you. And you're your worst critic. You are the one who did the judging in the first place. You are the one who felt all that pain and shame. You will probably never think you've paid enough. And what does paying do for you anyway? Mostly it makes you frustrated and causes you to think you are inadequate and lacking. You judge yourself for creating what in fact was supposed to be payment for a past sin. Then you go about trying to make it right. No wonder they call it the "wheel of life." We just keep going round and round.

### Trying to be Right about Being Wrong

All of us hate to be wrong and love to be right. It is the nature of the judgment game. We run around trying to build up as many "rights" as possible and as few "wrongs" as possible. When we judged ourselves that first time we created a BIG wrong. The easy way out, would be to admit we were wrong about being wrong. But that's not the game. Instead we work real hard to show how we were right in the first place. We built up whole beliefs systems to support ourselves in being right about how wrong we were. And we design lifetimes to bolster those beliefs. Whether we're trying to do it right this time or we're trying to pay for our mistakes, we're also trying to be right. We work very hard defending our beliefs that are based on first judgment. If you find yourself really inflamed about something, arguing hotly, seeking vengeance, inflicting harsh self criticism be aware. This is probably connected to first judgment. You are probably working very hard to be right about that first

judgment. Observe yourself. You can learn a lot.

### Combining the Patterns into One Pattern

To begin, we made things simple and alternated lifetimes of trying to get it right and paying for having not gotten it right. It made sense. First you try to do it right and fail. Then you punish yourself for failing. Once you've been punished you try again to get it right. Over and over we've done this. Meanwhile, we are also running a number of sub-plots just for interest and things get kind of tangled up. After thousands of lifetimes the alternating pattern has broken down and intertwined itself. Now most of us are living lives where we are trying to pay and trying to get it right both at the same time.

For example, I'm channeling away, running an enlightenment school once again trying to get it right one more time. But meanwhile, I have issues with people not listening to me and not appreciating me. I do this to pay and to show how I'm not worthy of being heard. I'm afraid of my power. I'm afraid if I exert my influence they might just listen to me and then I'll be responsible for them and thus be back in the original boat again. I've entwined the patterns and am playing all three of them out at the same time.

## 10 Cozying Out of Judgment

Since we didn't embrace judgment in one fell swoop it is reasonable to expect that we won't let go of it that way either. We cozied into all of the beliefs and viewpoints that made judgment possible. We've lived with them and by them for thousands of lifetimes. You don't let go of something that entrenched by just deciding to. Instead you take it slowly, step by step. I call this slow process, cozying *out* of judgment. You could just as well call it cozying into forgiveness but I like the symmetry. You cozied into judgment why not cozy out.

Cozying out of judgment consists of a number of things. You need to unravel the logic of your first judgment. You need to let go of the patterns and ruts that have developed across your lifetimes based on first judgment logic. You need to forgive yourself of the judgment that was based on that logic. And you need to let go of the separation you instituted because you thought you were wrong. It sounds simple and orderly. It's a huge task. Simply unraveling the logic can take years. Once the logic is unraveled forgiveness is possible but then the habits of self rejection and the patterns that reinforce being right about being wrong must be confronted. This leads to actually letting go of the patterns that perpetuate our self rejection. Only when we've broken the logic and let go of the patterns is forgiveness possible. Once forgiveness takes place, I suspect that letting go of separation is a snap!

### Letting Go of the Flawed Logic

The first step in letting go of the flawed logic of first judgment is identifying the flaws. To many people, their first judgment makes perfect sense. They see no flaw. They were right to judge themselves. Only by seeing that there might be a flaw in the logic can the cozying out of judgment process begin.

Study the logic. Look for the flaw. If you were an unlimited being would this judgment make sense? Work with the concepts that Melody presented to you as the steps to cozying out of judgment. Most people have to come to grips with what power is; what love is; what responsibility isn't. We all have to see that there are no victims, that we are all of equal power. Everyone has free will. Everyone is in charge of everything in their lives. We also all must see that it is with this power and this free will that we create our own reality. When these concepts move from intellectual concepts to emotional knowing then we are on our way to letting go of our flawed logic.

### Letting Go of the Patterns or Ruts

While you work on the flawed logic, observe the patterns of belief and experience in your life. Search each one for how it is connected to first judgment. After a while, you'll see your first judgment everywhere. And you will see that every pain and every bump and every resistance in your life is tied to first judgment.

Simply beginning to see that each of your problems and issues aren't separate problems but are all the same problem makes letting go of the patterns easier. You don't have to deal with your co-dependency. Just go deal with your first judgment. You don't have to deal with your lack of passion. Go deal with your first judgment. You don't have to deal with the fact that you won't let yourself have your dreams. Just go deal with your first judgment.

When you realize how each issue is tied to first judgment, you can follow the thread back. It is as if at this point in the game, our current issues and problems are meant to deflect our attention away from the linchpin. If you deal with first judgment the house of cards collapses.

I have found that as I have grappled with each of the issues and beliefs associated with my first judgment that particular problems and patterns in my life have been highlighted, simplified and in some cases even dissolved. By my own assessment, I have a long way to go to letting go of my flawed logic, but I can say that I no longer feel I have to sacrifice all my time and energy for the good of others. I am working on learning that it is okay for me to say no to a great idea that would be a great service to others, but that I don't want to do. I'm learning to apply my new logic to my current issues and thus unraveling both first judgment and the patterns I've created based on first judgment.

### Forgiveness of Self

Every time a situation occurs in your life where you have the opportunity to repeat your first judgment, you experience on a small scale the pain and shame of first judgment over again. Once you begin to unravel the logic and break the patterns these repeat performances present a new opportunity. You now have the chance to forgive yourself instead of judging yourself. You can practice letting go of the judgment. You can practice breaking the pattern of being right about being wrong.

For example, I am notorious for feeling as if I haven't done enough. It's a reflection of my first judgment. I judged myself for being unwilling to give it all and that certainly was not doing enough. So when a workshop is over or the presents have been sent or someone walks out the door after a private consultation I have a tendency to immediately go to "it wasn't enough." "I didn't do enough." "I could have said this. I could have done that. I forgot to say this." And on and on. It is especially fierce in the time after I've finished channeling and the oneness and connectedness that I feel when I channel has completely dissipated. There is a stark aloneness that I feel. I suspect it is a mini-repeat of the starkness of separating for All That Is. And by association I go back to first judgment. I wouldn't be here, if I'd given enough. I wouldn't be feeling this, if I had given enough. Based on the logic of first judgment that is true. Based on the reality of the current situation it's crazy. I have usually



just spent 6 or 8 hours channeling. I've given all my time and energy and focus to the people present. I've given all I have to give. So now I try to practice saying to myself, "You did enough, Sara. It's okay." I watch myself be crazy. And I know what it's about. I work to forgive myself for being crazy and I work to let go of the crazy logic that drives me to never be satisfied with what I do.

Someday I hope to have unraveled it all so that the forgiveness is complete. Someday I hope to be able to say, "It just was. There was nothing wrong. There was nothing right. It's just a game, an amazing intricate crazy game. It all just is."

## Letting Go of Separation

Insisting that we are separate beings is the last delusion/illusion. You will not let it go, as long as you insist that you are wrong or for that matter that it is possible for anyone or anything to be wrong. The Isness, the All That Is holds everything. It knows no bounds. It doesn't need to be saved from being wrong. It knows that wrong is an illusion. Does your little brother need to be saved from being Colonel Mustard who did it in the Library with the lead pipe? No. **Clue** is just a game. Your brother isn't Colonel Mustard! He's just playing with the yellow marker. He's just playing a game. The murder wasn't real. There is no library and the lead pipe is made of graphite and couldn't hurt a flea.

Only when you can accept that the illusion is an illusion, that all that pain and suffering, all that death and sorrow is a game, a very convincing virtual reality game but a game, then and only then can you see, you never did anything wrong and you were never separate from the All That Is. You were just pretending.

The hard part is letting go of the flawed logic and the illusion. I suspect that once that is done the separation just looks silly. You will be able to see that your skin isn't real, your identity no more real than Colonel Mustard. And you will be able to feel that you do go on and on. You are unlimited and always have been.

## Lighten Up!

This does not have to be serious business! It's a game. Yes, we've made it deadly serious for thousands of lifetimes, but that doesn't mean you have to be serious about it now. Lighten up! This is after all about en-lightenment.

Years ago Aranya was giving a workshop on God and gave us the following quote: "Aw, I just love you when you do that." This is what God, Goddess, All That Is, says about everything we do. No matter what it is, no matter how stupid we may think it is, God says, "Aw, I just love you when you do that." So learn to be god-like and appreciate yourself and what you do no matter what it is you're doing. You'll find that this silly game we're playing doesn't seem so serious after all.

## A Closing Note

I've learned a lot about cozing out of judgment since I wrote this booklet back in 1997. I'm hoping to take the time to write a new addition soon with special emphasis on this last chapter which I admit is very weak. When I wrote it I knew I really didn't understand the cozing out process and that I was leaving folks in the lurch. Now I actually have a tiny bit of understanding and can point you towards a few things that might help.

First and foremost I suggest The Work of Byron Katie as the perfect tool for working on letting go of judgment and learning to forgive yourself. It is an incredibly powerful tool and one that has taken me a long way in the 8 years that I have been using it.