

We often make a critical error in our relationships by judging either ourselves or those whom we love. Judgment is an insidious destructive process that can become habitual and may often do great damage to our relationships with those we love. We must learn not to judge either ourselves or others in order to build happier, healthier, more joyful relationships.

About Love, Judgment

By Greg Gourdian, aka Grigori Rho Gharveyn, etc, et al...

Most people are culturally trained to be judgmental. We are trained to judge ourselves and to judge each other as part of the game of competitiveness. Being judgmental becomes a survival tactic and an ingrained habit. Without our judgment and prejudices we may fail to respond quickly or appropriately enough to many situations which we face on a daily basis, so being judgmental and prejudiced has some merit or value. However in new situations, and especially in our relationships, being judgmental can be very destructive, particularly when we are judging ourselves.

Unfortunately we often fail to realize how being judgmental can work to our disadvantage. One way our judgment and prejudices can be harmful is when the situations which we have preset our responses to change over time and we fail to notice when our conditioned responses are no longer optimally in tune to the new circumstances or our own changing needs. In the context of a close relationship this can lead to misunderstandings and disappointments and create uncomfortable stress when a friend or family member no longer seems to respond appropriately.

A second way being judgmental or prejudiced harms our relationships is when we are unfairly critical or habitually critical. Unfair criticism often arises from laziness, we fail to perceive what is really going on and instead rely on our past experiences to be the template for our current responses, so we may not notice when someone close to us has improved and we may fail to respond supportively to their growth; instead we may continue being critical of our friend or family member for something they no longer deserve to be criticized for. This is a typical pitfall in the relationships between parents and their children.

One consequence of this sort of habitual criticism is that those we criticize may come to fear and avoid us thereby costing both parties the loss of love, companionship and nurture. The more withdrawn our loved ones become in response to our judgment the less feedback we have about them and who they really are; our judgments about those we habitually criticize therefore become based less and less on the reality of their lives and more and more on our own opinions and imagination. We may completely lose touch with the fundamental

realities of our loved ones lives, realities which could have helped us to perceive and understand those we love in a better light.

Another consequence of this sort of habitual criticism is that those we criticize may learn to judge themselves too harshly as a consequence of believing our criticism whether our criticism is warranted or not. When we train those around us to belittle themselves through our eyes we cripple them by undermining their self confidence so that they become less capable of managing their lives; we may also cripple them by inspiring them to hate themselves as well.

Another important way in which our judgment and prejudice can hurt us is when we judge ourselves, particularly when we do so either harshly or habitually. We can develop such a serious hostility towards ourselves that we wind up hating ourselves and manifesting illness and other harm such as self sabotage in our lives to punish ourselves. When we hate ourselves in this fashion we also make it impossible to allow anyone to love us and thereby reduce the amount of positive feedback we might receive that might help us to recover a better attitude toward ourselves. The lack of positive feedback may then make our self hatred worsen in a vicious spiral. This is perhaps the most critical harm we can do to our lives and relationships, and not only is it a commonplace injury that many of us do to ourselves, but it is an injury we help inflict upon those around us whom we love but whom we may judge and criticize too harshly.

Our judgment and prejudice may have survival values in limited circumstances of a practical nature, but when it comes to our relationships with ourselves and with those whom we love judgment and prejudice turn toxic and destructive. We need to develop non-judgmental attitudes toward ourselves, our loved ones, and to everyone we meet. When we judge another person we are also making a judgment about ourselves so by refraining from judging others we are also refraining from judging ourselves. This is an immense benefit because often the judgments we make are mistaken and when we do not judge we do not burden ourselves with unrealistic expectations for ourselves or for others. Where there is no judgment and no expectation there can be no disappointment and the ensuing regrets or blame which follow disappointments do not appear. Regret and blame hinder us from loving ourselves and others. So we are better able to love everyone, especially ourselves when we refrain from being judgmental or prejudiced.

It is easier than you might think to let go of being judgmental. Whenever you make a decision about something you believe about another person's character or about your own character try to challenge it. See what things you can think of which make your experience of yourself or other people richer and more rewarding. Try to accept each person as they are for who they are, particularly yourself, without thinking that something about them is 'good' or 'bad'. Let go of your prejudices so that you do not automatically label yourself or other people you meet and then categorize them in ways that you make you feel biased about them.

By practicing acceptance and understanding, by listening and allowing ourselves and all other people in our lives to speak their hearts clearly we achieve a greater appreciation for both ourselves and for all other people, we then learn to love ourselves and all other people more wholeheartedly and more easily. By extension we then feel the love other people have for us more deeply and sincerely, and we more easily love everyone around us.

Enjoy!

Love, Grigori Rho Gharveyn

aka Greg Gourdian, Roger Holler, Falcon, Chameleon, and many more...

BIO:

We have been collectively known by the name Greg Gourdian for the purposes of publishing our articles. We perceive ourselves as a collective of people spanning many worlds in different universes. We seem to share many bodies; however we have only one body here in this world we share with you now.

We worked with the general public as a psychic reader for a little over four years from 1981 to 1986.

Much of our written work has been channeled however we often have no idea whose voices are speaking through us when we channel.

We have many strange tales to tell regarding our adventures in this world and our spiritual journeys.

We try to tell our tales in a humorous, engaging, or entertaining manner.

While we were a high-school student we channeled or taught classes in metaphysics & parapsychology, sociology, and psychology.

We are still emerging from the closet in regard to being a collective of many people inhabiting what appears to be a single body in the context of the world we appear to share with you. Our current written works reflect this new change in perspective as we have adopted plural forms of reference to ourselves that may not always appear consistently, particularly in our older work. Using plural forms of self-reference helps us to develop a greater awareness of ourselves as a collective as well as conveying to other people how we perceive ourselves.

We hope you will understand if we sometimes may sound awkward or conceited as a consequence of making this adjustment in how we refer to ourselves.

Our group's primary beliefs share these ideals:

- *Love should always be universal.*
- *Liberty should be unconditional for everyone.*
- *Justice is best served by not judging yourself or any other people.*

For further details please see our site's [About](#) pages or view our profiles on [Linked In](#) or [Temple Illuminatus](#)...

Enjoy!

namaste