Don’t Judge Me

In the United States of America, where l live, the word Judge has assumed a wider meaning than it once had. Today, it has become a weapon of offence, as well as defense. One can hardly make a social observation or commentary without someone, somewhere construing it as a form of judgment. Thus, most discussions are automatically passed through a fine “judgement detector” filter. With the result that the essence of the discussion is frequently completely lost, in the shuffle of trying to defend against an accusation of being judgmental, or proving that the speaker is being judgmental.

Even common-sense comments or observations are not immune from this phenomenon. I could give some examples. But this would take us right onto a collision course, diverting us from the essence of this article, which is: “Why this heightened sensitivity to being Judged?”

There is no doubt that throughout history many have suffered from the effects of bias and prejudice, the hallmarks of being judgmental. These biases and prejudices have caused suffering, misery and even loss of many lives. Again, no need to give examples. Everyone can come up with enough examples to meet their own criteria.

Yet, the word judgement has a positive meaning in language. After all, we all exercise some form of judgement in almost every situation in which we find ourselves. And the exercise of this judgement may prevent, or lead us into misery or joy. So, perhaps the aversion is not to the word judgement per say, but an aversion to another exercising judgement on our behalf, or over us.

It makes sense that no one should exercise judgement for an adult, who supposedly should have full responsibility for their lives. But, an adult, especially a parent, should be able to exercise judgement for a child, who does not have adequate experience in the matter. However, today in the US, even children talk about having the right not to be judged. And this notion is supported by some child development experts who say that judging the child will affect their self-esteem. Many young parents, being afraid or concerned not to thus affect their children, are reluctantly abiding by these expert opinions, and no longer exercising judgement for their children. Rather, they now try to negotiate “an understanding” with their children, in the hopes that the child will see the option being presented by the parent. But, in the event that the child prefers other options, these expert opinions recommend that the child should be allowed exercise its own judgement. They add that this approach allows the child to develop its own ability to choose, and to make decisions.

As enticing as this new theory on child development may appear, we are now seeing its effect on children in the US. For example, talk against “body shaming” is manifesting in the highest incidence of obesity, compared to the rest of the world, simply because many parents allow their children to decide what they want to eat, supported and egged on by the experts and commercial interests, through well targeted and placed advertisements. The same can be said for the sexualization of our children, when even pre-teen children are given free-reign on what they choose, and want to wear, or how they appear in public. Again, encouraged by commercial interests. There is also an alarming rate of suicide among young adolescents, as well as growing reports of depression and confusion among younger children. The correlation between these events, caused in the main by apathy and lack of direction in the lives of these children, and the

wide spread practice by parents and society at large “not to judge”, even children, cannot but be striking to a keen observer.

Of course, the “Do not judge me mantra” has caused its chaos and confusion in the adult arena too. Today, practically any behavior is protected behind its shield. Again, no examples will be mentioned here.

However, one thing is clear: Every exercise of poor judgment will always come back to haunt the decision maker. The same will be true for the poor exercise of judgments that have wider social implications, regardless of what the expert opinions say, or how enticingly the commercial interests try to sell them.

Another thing that could be said with regard to this mantra, as it applies to adults, is that even adults could learn and benefit from the experience of another adult. And, a well-meant observation, advise, comment or suggestion, should not always be interpreted as being judgmental. Perhaps, if we took the time to listen and consider, we many find that the motive is to benefit the listener, and not ulterior in motive. Besides, an adult has the freedom to choose to act, to examine the idea further, or to ignore it all together. Therefore, anyone whose immediate reaction is to filter conversations through the “judgmental antenna” may want to ask themselves what it is they are afraid of, and what about the conversation is coming across as judgmental of them. This is no doubt a very difficult thing to do. But it is potentially liberating.

So, why the spread of this practice of “not judging”, or wanting to be judged?

Two reasons come to mind. The first is society’s sincere desire to rid itself of prejudices and bias. In the process, people with inclinations towards all acts that were one suppressed by society are now able to take advantage of this sincere desire to gain legitimacy. Regardless of whether these inclinations will eventually prove detrimental to themselves and society.

The second possible reason is from a Spiritual perspective. This perspective posits that the unseen Dark forces, in and around the earth, are taking full advantage of the sincere attempts to eradicate prejudices and biases to promote their own ideas and tendencies in society at large. Of course, some may deride this Spiritual perspective. But, one thing is certain. Any keen and objective observer of trends in society, even for the past 30 to 40 years, cannot help but admit that “everything cannot possibly be ok”. The unfolding consequences of the dramatic changes in the notions surrounding morality, unbounded right to choose for oneself regardless of how it affects others, man’s assumed supremacy which no longer recognizes or is subject to regulation by a higher authority, etc. do not bode well for the smooth functioning of society.

Only time will tell, through the eventual effect on society, which behaviors needed to be freed from bias and prejudice, and which should have remained judged as unacceptable. Unfortunately, this recognition is likely to be preceded with much suffering before the necessary connections are finally made.

If there is a deeper Spiritual lesson to be learned from this development, it is that evil can also take advantage of good intentions. Jesus Christ already warned against this possibility in the portion of the Lord’s Prayer that says…. Lead us not into temptation, but deliver us from evil.

In the Lecture “The Lord’s Prayer” from The Grail Message, Abdrushin elaborated in greater detail on the words *“And lead us not into temptation!”.* He tells us that

…….Man has a wrong conception when he tries to interpret these words as if God would tempt him. God tempts no one! In this case, owing to a doubtful transmission, the unfortunate choice of the word temptation was made. The right meaning would include such concepts as erring, going astray and thus going wrong and seeking the Light on the wrong path. It means: "Let us not take the wrong road, nor seek in the wrong direction! Let us not lose, waste nor fritter away time in such seeking! But if necessary, restrain us forcibly from doing so, even if we need to be stricken with sorrow and pain." Man should have grasped this meaning from the words of the next sentence, which according to its contents evidently belong to it: "But deliver us from evil!" This "but" shows clearly enough that the sentences are connected. The meaning is similar to: Let us recognize evil at whatever cost, even at the cost of suffering. Let every error we commit help us to do so through Thy reciprocal actions. For in the recognition of evil lies the redemption for those who are of goodwill!....