

Thoughts to Ponder

“Why then do you judge your brother?”

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“Let us not therefore judge one another any more; but rather be mindful of this, that you should never place a stumbling-block in the way of your brother.”

Romans 14:13. Lamsa translation.

Title: Romans 14:10

Children are especially vulnerable to judgment. For when a child is judged, he accepts that judgment, which may stay with him/her for a lifetime. And what could be a greater stumbling block in life than the accepted perception that one is lesser in some way than one's peers or one's family, friends, or associates? It is a most difficult thing to overcome. Self-image developed in childhood molds the pattern of thinking throughout one's life. Even if only in the sub-conscious, the *feeling* remains.

However, the damage can have a devastating effect upon adults as well. All of us have been judged at one time or another, and even if the judgment is buried and seemingly forgotten, deep down there remains that feeling of unworthiness. What a stumbling block that presents for the attainment of our goals and ambitions! Hearing ourselves derided in any way has a lasting effect and can even be a stumbling block to our evolvment.

But consider this: we don't need to *hear* the derision in order for it to have its effect.

Our thoughts are powerful. . You've heard the expression *thoughts are things*. Everything that manifests as form in our world is essentially light energy. Therefore, it can be said that spiritual energy is potential form. Thoughts and words are, in essence, energy. As the masters tell us, every thought goes somewhere. They are magnetically attracted to like vibrations. So they might coalesce into the mass consciousness of humanity and be drawn into thoughts of humans of the same frequency. Quite often, they are drawn back to the source. In other words, what you throw out into the ethers could come back to haunt you. But the sad part of this is that thoughts sent out with the impetus of emotion are going to send their frequency to the person to whom they are directed. This will have a subconscious effect upon that person.

So you see, words or thoughts that you perhaps would never say directly to another person, if formed with that person in mind, will still be felt by him in either a benevolent or harmful way, depending on the intention of the sender. That is why loving thoughts sent to a person in pain, physically or emotionally, can be healing. On the other hand, demeaning words or thoughts directed to another will have a negative effect.

It can be more far-reaching than you imagine. For the resulting anger or depression experienced by a receiver of taunting thoughts can affect those around him, and might also affect his decisions or actions. This could have a snowball effect.

Ultimately, it will impact the sender in a negative way! Not only will he feel the effects of the negativity he has sent out, but his own vibratory frequency will be affected. In order to ascend to a higher state of consciousness, one must develop a loving heart. A loving heart is developed



through empathy, understanding, compassion, and gratitude. These are the goals to be achieved in order to vibrate at a higher frequency.

And what are the benefits of this achievement? As one's frequency rises, thus allowing more and more of the Christ light to radiate within, the easier it will be to meet the challenges of one's life. The path ahead will become smoother and one's world will be full of light and joy. Think how good it felt when you gave the gift of kindness to someone in the past. You can feel that good all the time just by continuing to show love and kindness to all you come in contact with. The higher realms are filled with love, which means they are filled with joy! Ultimately, that is what we are all seeking. Only we can make it happen.

When we talk about judgment, we usually are thinking about judging others. However, the one we most often judge is our self. We can be our own worst critic. Whether we are judging others or ourselves, the harmful results are the same. So, in terms of harm done, judging ourselves is just as detrimental as judging others. The same negative energy goes forth. Demeaning any of God's children is damaging to humankind as a whole, and that is a truth even if the judgment is of our self. We must see ourselves as a child of God and realize that it is just as important to be kind and loving to ourselves as to others. The God Spirit sees us all as equal and loves us all equally. How can one criticize a child that is one of God's creations, even if that one is you?

We are all evolving as a result of our experiences and our choices. We all make seemingly wrong choices throughout our lifetime. And yet we are here to experience and to grow from our experiences. We are, perhaps, broadened more by the wrong choices as the right, even though we may not realize it at the time. Everything we do is a learning experience, and though it might take some time to see the value of it, a wrong choice often becomes a valuable teacher.

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Begin with Me

I want to learn to love mankind,
I told myself one day,
but sins I can't accept I find
have turned my love away.

"Forgiveness is the only clue,"
my Higher Self replied.
"The faults you can't accept in you
are sins you can't abide.

"When you can look within and see
the person that you view
is really all humanity
and all mankind is you,

you'll know you first must love yourself
if you would love mankind.
You must forgive your shadow self
that oft corrupts your mind.

"Don't fault yourself for falling down
when you are pushed too far.
In falling are the lessons shown
to teach you who you are.

The chance to fail and learn from it
is why you're on Earth's plane,
so grieve not when you've fallen short,
and recognize your aim.

"You'll get back up, if you so choose,
or lie there where you fall.
You may decide to win or lose,
for you can make the call.

But understand that others have
these forces to combat
and often need a helping hand
when they have fallen flat.