



The Judge Within



Anyone who has taken even a passing interest into the workings of their own mind and ways of being in the world has to acknowledge that there exists a powerful and ever-present judge within us.

Often hidden in polite company, yet privately parading around in magisterial splendor, this consciousness has no problem pronouncing verdicts of guilt and blame on just about anyone or anything. We judge so frequently and ubiquitously that we might hardly notice that we're doing it: the passing condemnation of the driver in front of us; the attack thought about how slow the service is in the restaurant; the grievance we are holding about how we feel treated by a work supervisor, loved one or former spouse. Nor is it the case that we, ourselves, are exempt from being targeted by the judge within. Indeed, we can reserve our most scathing opinions and relentless put-downs for ourselves.

From where do these dark and toxic thoughts about ourselves or others originate? What is the significant emotional, interpersonal and physical toll on us if these contaminated waters are that which we bathe in each day? Perhaps most importantly, how we can heal ourselves and release this sewage, replacing it with clean, clear, life-giving waters?

Judgment = Emotional Pain

I would like to posit that the state of judgment is the cerebral equivalent and our most commonly employed method for avoiding and deflecting our emotional pain within. To put it more forcefully, every single time we are judging anyone or anything - that is making someone bad or wrong for anything by turning them into the cause of our experience - we are in some form of emotional pain and denying it. If this holds true it is we, ourselves, who carry a massive depository of emotional pain just below the surface of our awareness, a personal cauldron of accumulated wounds, hurts and slights we are carrying through life. When we judge anyone or anything ***it is our pain, rather than "their" offenses and seeming misdeeds, that we are being asked to be responsible for owning and healing.***

From my personal experience this way of looking at the judge within, if taken seriously and adhered to, is extremely disorienting, humbling, and yet ultimately freeing. It means that if I am truly willing to consider that as a human being I am in much more emotional pain than I have ever imagined or can conceive of, and if no one, other than myself, is responsible for “doing it to me”, then it is up to me and me alone to take on my pain and change. It means that the world I see is an “outside picture of an inward condition”.* It means that: “I am responsible for what I see. I choose the feelings I experience, and I decide upon the goal I would achieve. And everything that happens to me I ask for, and receive as I have asked.” * This is a monumental shift from always seeing myself as the innocent victim of other people or circumstances.

Many of us are simply not willing to be this responsible for the moment-to-moment spiritual, mental and emotional choices we are making. We are not willing to know that it is actually our own choice of *how we perceive* (the choice of seeing through our fear-based consciousness or our love-based consciousness) that determines the quality and tone of our inner world, our inner “landscape”. It is just so much easier to default to our justified fear or anger, to stay self-righteously attached to our opinions, conclusions and beliefs about the wrongdoing of the other. We get so much ego satisfaction out of living in victimland, out of getting “done to” – judging the other driver, the slow waiter, the unappreciative boss, the inconsiderate former spouse; they being the cause, we the effect.

But be gently warned: deep in our unconscious *there is no difference between how we see others and how we see ourselves*. There is no difference between judgments and attack thoughts directed at others and how mean and vicious the judge within can become with us. The hot coal that we are throwing at that other will singe our palm as we throw it. Deep in the innermost spiritual realm of our lives, **there is only one of us out there**, and what goes around truly does come around.

So the questions become: Are we willing to take on our own emotional healing and voluntarily stop projecting our pain onto all the “bad guys” who have to change first before we can feel better? Are we willing to follow in thought and in deed these immortal words describing the practice of love: “When I was a child I used to talk like a child, think like a child, reason like a child. When I became a man I put childish ways aside” (Paul: Corinthians 1:13). To do so means taking on the laborious, difficult, self-effacing inner work of taking personal responsibility and become an adult. It means consenting to the experience of voluntary anguish that comes with looking at ourselves deeply and unflinchingly, or in the words of Nietzsche “stepping into filthy waters when they are waters of truth.” It means having the willingness to remove the impediments we put in the way of the free-flow of love in our life.

In essence, all of these practices are one and the same. Our diligence and perseverance with them is foundational in what we experience our lives and other human beings to be.

* quotes are from A Course In Miracles

Relationships: The Work of Love Working Through Our Fears in Matters of Love

This weekend seminar shows us:

- Our fear based, survival orientated patterns of behavior in relationships.
- How and why we sabotage our love relationships.
- How to have more loving relationships in our lives.

The very same ego consciousness that helped us to survive the emotional pain of our childhood and adolescence comes back to haunt and sabotage us in our most significant relationships in the present. If the experience of loving and being loved is associated in the unconscious mind with the experience of trauma, violation, conflict or abandonment, nothing will be scarier than "love" approaching. The ego consciousness will mobilize to protect the inner family from perceived *enemies* like trust, closeness, commitment, vulnerability and honesty, not to mention men or women. The extent to which the adult consciousness has become identified with the ego in this lifetime is the extent to which love in all intimate, committed, monogamous, long-term, primary relationships will become problematic, dysfunctional and even destructive.

In the weekend seminar Relationships: The Work of Love we examine ourselves as the perpetrators of pain. We examine the myriad flight and fight responses that we have employed to keep from our hearts and souls the very people we say we want to love, the very people who have committed the "crime" of loving us. This most certainly could include our love interest but we will also examine our relationship with our father, mother, sister, brother, son, daughter and past loves to discover the ego patterns that have run us and our relationships into the ground. We begin to move from being baffled, righteous, or victimized by our love lives to taking 100% responsibility for the state that our most significant relationships are in. All of our dynamics and imposed barriers to real intimacy, committed love and monogamy are faced.

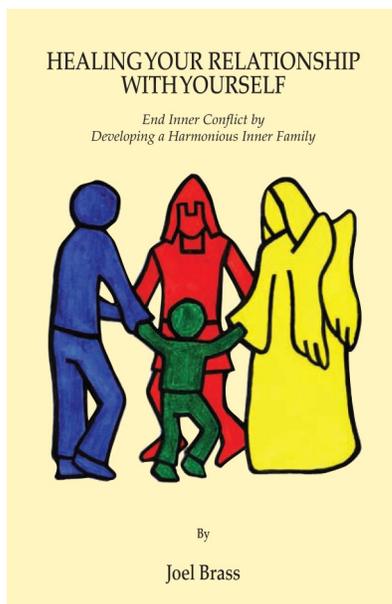
Only then can we discover and examine the components of a healthy, loving and mutually beneficial relationship. Only then can we discover that with courage, vulnerability, honesty and humility, we can begin to experiment with laying down our survival-oriented, fear based ego patterns and return to our connection with the child and spiritual consciousness within as an entirely new base from which to interact with the people of our lives.

Cost - \$275.00 + GST per person (deferred payment plan available) bursaries available to those in financial need

When: Saturday, May 24th, 2014 — Sunday, May 25th, 2014

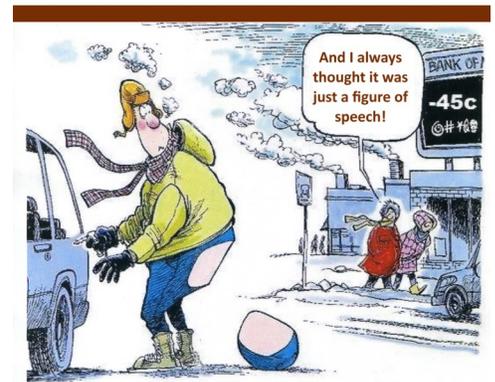
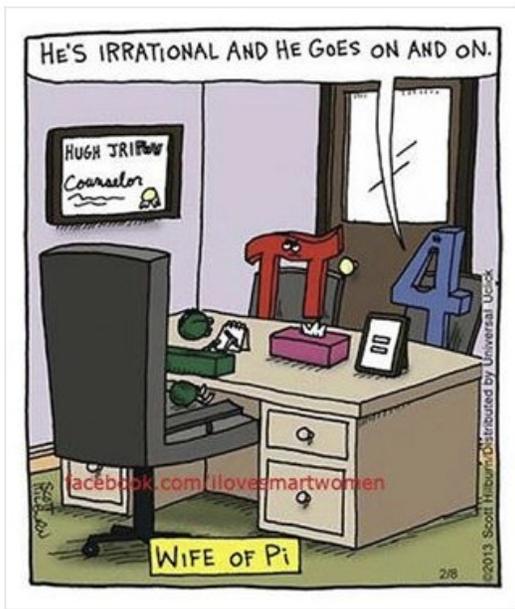
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If you have further questions or would like to register contact: Reena Taank (seminar coordinator) at (604) 689-4532 / seminarsjoelbrass@gmail.com or Joel at (604) 535-4220 or (604) 732-9091



JOEL'S BOOK *Healing Your Relationship With Yourself* now available for Amazon Kindle or for Kobo ebook readers - \$9.99

Print edition still available at Banyen Books(Vancouver) and Whitby's Books (White Rock) \$22.95



Winter in Winnipeg, Manitoba
 Where it gets so cold
 you have no choice
 but to take
 everything literally.



Most of Joel's professional time is spent in private therapy with individuals, couples and families. To obtain more information or book an appointment contact:

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