

## **JUST OBSERVING...**

Never judging...

When I seem to put emotions in a negative light, it's because I'm one who in younger years were led primarily by my emotions/ego etc. My father was a good man, a hard working coal miner who worked hard all his life to support our mother and us four kids. He did have a very bad temper though and I seemed to have taken after him in this respect. My temper got me into a lot of trouble in my younger years. That part of what I was is gone now, yet there are still shadows of it that I sense at certain times. So when speaking of emotions, my mind usually recalls when emotions for me were many times not a good thing.

As for the emotions that accompany me today they are usually positive. There are emotions of the ego and those of the heart. I have found by experience that the less I judge any emotions that are ego based the less active they are and the more infrequent they occur. Jeshua's messages' on being and observer and never a judge was good advice. When I judge my "bad behavior" I'm actually in a mode of resistance. I find that I only need to observe and acknowledge the ego's behavior and then focus on who I am. If someone who is unreasonably antagonistic gets in my space and I lose it in some way, I do not spend time in resistance/guilt.

I'm thinking of the verse in proverbs that says... "Trust in the Lord with all your heart and lean not unto your own understanding. In all thy ways acknowledge him and he shall direct your paths". My higher identity is an observer... it's never a judge. In these days I'm finding it much easier to identify with who I've always been instead of who I once was. I'm reminded of something little Much Afraid once said as she looked from the high places down at the valley of humiliation and how afraid she had

always been when living there. She said, “I once was that one, but I’m not that one anymore”. In these days we can {using hindsight} be very grateful as we remember where we were then, and where we are today.

As we lose the ability to judge ourselves, we also lose it for judging others. When any part of the old rears its head, we simply observe it, acknowledge it as a ghost of the past that has no real substance and go on knowing that as the dawn comes all shadows will flee away. We realize that the old is not who we are. When I see this for myself I also know it for others. That tends to free me from judging them; for I know what is true of me is also true for them. These truths are slowly incorporating themselves into our consciousness. Truly the remembrance of our true identity is surfacing and the mask we’ve worn is disintegrating.