

# The Judge

## Prologue

Each child is born with an instinctive desire to survive. This instinctive desire to survive corresponds to what scientists call the reptilian brain. Once a child's mind begins to think, they then begin to make choices. They begin to function from the thinking part of the brain called the neocortex. The thinking part of the brain is then enlisted to help the child survive.

## Early Childhood

All of the people I know, including myself, were raised by imperfect parents. Some of us have imperfect siblings. There is some degree of dysfunctional behavior that each parent and our siblings expressed as we were growing up. We also interacted with people outside of our parents and siblings. They too were dysfunctional. We learned from all of these interactions about how to live.

## The Forming Of The Judge

Once our minds begin to think and we have language, we begin to come up with ideas of how to live. There's a part of our mind that needs to determine what is right and wrong, good and bad, and safe and unsafe. This is when the neocortex, the thinking part of the brain, begins to become active.

In this article I'll explore how we make a lot of our decisions throughout our life. I'm going to use the wording of 'the judge' as the part of our mind that determines what is right and wrong, good and bad, safe and unsafe. This is the part of the brain that judges/rules on what we are to say and do. The judge begins in very early childhood and continues throughout our life.

If the judge determines it's unsafe for us to show emotions in our childhood, then we may carry that pattern throughout our life; even when there is no current evidence that it is unsafe to show our emotions. We may not express what we're feeling; even after thirty years of marriage.

If the judge determines that anger is our best or only defense, then we may be expressing anger in many situations throughout our life; even when anger is an unnecessary and harmful response.

If the judge determines very early in life that we're not worth much, then no matter how much money we have or how much praise we get, we still can have low self esteem.

We do not get a new judge, though the judge can modify it's rulings in a better way as we get older. As we age we may find it safe to share more of our feelings with friends, though we still may not reveal many of our feelings to our spouse. We also may express less anger, though anger can continue to frequently be our response.

The judge can also modify in a worse way. The judge may rule that all feelings are unsafe to express, and then the person becomes more isolated. The judge also may determine that anger is the only recourse and then the person may become more violent.

### The Judge May Never Go Away, and That's Okay

The judge is a necessary creation for the small child, though the judge being formed in a dysfunctional environment by a small child is a very poor decision maker to use for the rest of our lives.

Judges, in the court system, have power and authority. Once they are removed from the bench, they no longer have power and authority. They can have blogs or they can go on cable news where they state their opinions, though those opinions have no power to rule on what is to be done. The judge inside us can continue to have opinions and not determine how we live our lives. The judge does not need to stay in power. The longer the judge stays in power, the less love grows.

There is another source inside each of us that can offer advice. Each of us is also born with a natural wisdom that is much more functional in making decisions of what we may say and do. This natural wisdom is often referred to as the wisdom of the heart or as 'the still small voice within.' You can cultivate an improving relationship with the wisdom of the heart. (Cultivating this relationship is addressed near the end of the article.)

### The First Step In Taking Power Away From The Judge: Identifying The Judge

The judge was created for a very good reason; to help protect us so that we can survive. A person may not even know that the judge is talking to them. ‘Something’ in us, as a young child, had to know when we were going toward harm (both physically and emotionally) and when we were going in the direction of being able to survive. That ‘something’ is the judge. The first step in taking the power away from the judge is to know when the judge is active in our life.

### Taking Power Away From The Judge: A Nice Way

There is a story of the two angels on our shoulders giving different opinions. In my version of this story, one angel represents the judge and the other angel represents the natural wisdom of the heart.

We can listen to the opinion of the judge; one of the angels on our shoulders. We can listen to the judge and not follow its ruling. The wisdom of the heart is the other angel on our shoulder. The wisdom of the heart is often relegated into the background; with the judge doing most of the talking. Can we hear the opinion of the heart’s wisdom too?

When we have an emotional situation or any decision in our life, the judge will quickly give a ruling on what to do. We have listened to the judge for decades. You can listen to the other angel on your shoulder; the angel of the still small voice within; rather than listening to the judge. This is a nice way to take the power away from the judge.

### Taking The Power Away From The Judge: Another Nice Way

When a situation arises where we need to say or do something, we can ask the question: “What would love do?” The judge is now not involved in telling us what to say or do. The judge does not know about love. This is another nice way to take the power away from the judge.

### Taking The Power Away From The Judge: A Not Nice Way

Once you’ve identified that the judge is the one who is directing what you’re to say or do (ex: walking out of the house during an argument), you can have a choice to continue to let the judge rule or you can take the power away from the judge and to not do what the judge is saying.

When the judge is very powerful, the two nice ways to take the power away from the judge may not work. The smaller we feel, the less powerful we feel, in relation to the judge, the more we need to feel powerful in order to overrule the judge.

There is another way to take the power away from the judge; the not nice way. The not nice way is to tell the judge to fuck off. When the thoughts from the judge are so strong that we're feeling too weak to disobey the judge, then it could be a very good time for us to stand up for ourselves and tell the judge off. When the judge is so strong, sometimes this is when force needs to meet force. Jesus tipped the money tables over in the temples. He chose to let the money lenders know, without a doubt, that they had no business lending money in the temples.

There can be times when the judge also needs to know very clearly that we're tired of doing what the judge says to do. We need to stand up for ourselves. We can rise up and tell the judge that we won't follow the judge's order, and this may need to be done in a not nice way.

### Back To The Beginning

The judge began when we were a young child in order to cope with a very complex world inhabited by dysfunctional people. The neocortex part of our brain, the thinking part of the brain, was just beginning to develop.

This same judge continues to get modified throughout our life, and also holds strongly onto most of its core principles (you'll get hurt if you show love, you have to keep quiet, anger is the only way to make others listen to you, etc.).

You don't have to diss the judge. The judge is doing its job. If you don't like the job that the judge is doing, then don't follow its ruling.

The judge's job is to protect you so that you will survive. The judge doesn't care if you are happy. Please re-read these last two sentences three or four times.

### When Your Words Or Your Actions Have Made You And Others Unhappy

Go back to two or three times in your life when you made a poor choice in your words or in your actions. Have any of these times of making a poor choice ever come from listening to and following the wisdom of the heart? Ever???

### It's Time To Live New

A way of living new is to have your words and actions come mainly from the wisdom of the heart. We're human so don't look for perfection in always speaking from and acting from the wisdom of the heart.

Charles asked me a number of times: "Phil, where is your motivation coming from?" When he'd ask me this, I knew what Charles had just seen in me. My answer, after I had seen it too, was that my motivation was coming from fear. Fear is where the judge lives. The judge fears that you may die and wants to protect you from dying.

The judge does tell you what, in the judge's opinion, is in your best interest for survival. The judge, based on a dysfunctional beginning when you were a young child, continues to tell you how to live throughout your entire life. The judge is totally inadequate about what would bring you happiness, how to feel whole and how to live with love.

### It's Up To You

Pema Chodron's current teacher wrote a book titled: It's Up To You. I've referred to this book in previous articles. The title is so striking. It's up to you.

It's up to you to take the time to make sure that you give the wisdom of the heart an opportunity to talk. The judge is always ready to render a judgment about what to do or say. For most people, the judge has been doing most of the talking throughout the person's life.

It's rare that the natural wisdom is the most listened to voice in a person. The shift of listening to the wisdom of the heart more and more is developed over time. If this was turned around and if the voice of the heart's wisdom (instead of the judge) was the voice talking to us all day, what a life we'd have!

Well, guess what ... it's up to you. If you want to have the wisdom of the heart more and more in your life, you can make more room for this still small voice to come from it's usual quiet background to the foreground.

## Ways (Not All The Ways) To Live More From The Wisdom Of The Heart

1. Know when the judge is talking to you. Decide how much attention you want to give to the judge. The more you listen to the judge, the more you may believe the judge. (What many people think is their conscious is actually their judge talking to them.)
2. Invite the still small voice to speak more. Listen more for this still small voice.
3. Meditate. Meditation is the primary way that most spiritual paths cultivate a deeper inner listening.
4. Sense your body. When you sense your body (or a specific part of your body), you're less in your mind and more present in the moment (rather than having most of your attention in your head with the thoughts of the judge).
5. Specifically sense into your chest. This is the area of the heart energy. How often during the day are you aware of the area where the heart energy is? How often during the day are you aware of the thoughts in your head?
6. Ask: "What would love do?"
7. Read or listen to uplifting words from other people on a spiritual path.
8. Breathe into your belly (your ribs will also move). Allow the relaxation and ease of the breath to spread throughout your entire body; from your feet to your head.
9. The primary way that Charles taught us to listen more to the wisdom of the heart is to write. ([Click here](#) for more info.)

### Yogananda's Advice

Paramahansa Yogananda said that we would gain more from reading one spiritual book one hundred times than from reading one hundred spiritual books one time.

The topic of this article and the advice in this article is nothing new to people who have read the previous articles. Maybe by the time I get to one hundred articles about the same topic, then I can stop writing about the topic.

### A Charles-ism

Charles brought many principles down to bare simplicity. A summary of this article can be in a question that Charles would occasionally ask: "Are you in your head or in your heart?"

It's up to you.

May all beings live in Divine Fullness.