



OPENESS & CURIOSITY VS JUDGMENTALISM & DOGMA

I am feeling really agitated and somewhat angry this morning. There's a big difference in having your emotions and becoming your emotions. There's a big difference in feeling your emotions and collapsing into your emotions. There's a big difference in noticing and acknowledging your emotions and taking up residence in your emotions.

I am the queen of collapsing into emotions. Just ask my sister or any of my close friends, especially from years ago, and they will tell you that I am quite the drama queen. That's changed a good bit in the last decade, thankfully, but I still have that tendency to collapse into my emotions. I've done just that this morning. I have woken up with reading some political news and seeing another innocent black man shot in the back, and I am just feeling really disturbed. There's nothing wrong with that. There's a way in which the anger and the feelings of being disturbed can give us motivation and energy to make changes that are needed. That's good and helpful but when we collapse into our emotions, then they consume us and they actually keep us from showing up in a way that is helpful and powerful.

When we collapse into judgment, which I've been doing this morning, that judgment separates us. It just a certain type of judgment, judgmentalism, separates us. I'm not talking about good, clean judgment, but when we get all caught up in I am right and you are wrong and not only are you wrong but you're a miserable human being, then we have a problem. I think that kind of judgment continues the divisiveness that we are in the midst of in our country.

One of the things I did this morning to help myself was to admit and acknowledge where I am and that I'm angry. And then another thing I did was picked up a book I finished last week that I mentioned in the in the last two videos called Untamed: Stop Pleasing Start Living by Glennon Doyle, an excellent outstanding book. I read a passage that I had marked last week and I want to share that passage with you now. And this is what she has to say:

"The truth is that it matters not at all what you think of my life. But it matters supremely what you think of your own. Judgment is just another cage we live in so we don't have to feel, know, and imagine. Judgment is self abandonment. You are not here to waste your time deciding whether my life is true and beautiful enough for you. You are here to decide if your life, relationships, and world are true and beautiful enough for you. And if they are not, and you dare to admit that they are not, you must decide if you have the guts, the right, perhaps even the duty, to burn to the ground, that which is not true and beautiful enough and get started building what is."



I love that. Go back and listen to that because it's incredibly powerful. It is incredibly powerful. And, you know, I burned my life to the ground 20 years ago. I had to dismantle everything I believed and knew and understood to be able to transform and create the life that I've created today. It was painful and I get it why so many people don't do it because it's incredibly dark and messy and painful. We know that change is not linear and it's always messy, so I just want to share with you today this idea that judgment is self-abandonment.

I love that I'm really sitting with that.

I think that judgmentalism is dangerous to a certain point. Again, there's a certain level of judgment that's needed, that's good, of course, but when we go into the us versus them to the extreme that some of us are going into on both sides, politically, on every side of everything, then we have a problem and that's when we become dogmatic.

I don't want to become dogmatic! I just want to share with you how I see things and what's been helpful to me and to some of my clients, and then I want you to go take that and decide what will make your life good, true, and beautiful. And I want to encourage us all to stop collapsing into the judgmentalism because I think it's a big problem.

I want to send you guys some love today because I'm feeling the collective stress and I know that many of you must be feeling the collective stress. I want to tell you I love you and that life is living you. It's not all up to you. You have 100% survival rate. We can find our way, friends, we can find our way. Let's be careful of the judgmentalism that wants to take hold of us and myself, clearly, and myself. Let's be aware of that and see if we can approach life with a little more openness and a little more curiosity.

I think when we come to life with curiosity and openness, we're going to experience more peace, joy. I think we'll be able to come to more solutions more easily.