



JUDGEMENT DETOX

INTRO



MANIFESTING
COACH
BLONDIE

INTRO TAKEAWAYS

I decided that as fear of judgment and not feeling good enough, affects all of us and has a major impact on how we feel and ultimately what we manifest, that I would create a mini program using Gabbys Judgement Detox. This will be hugely beneficial and really impact the ease and flow of your life.

Takeaways from the book;

As a coach, spiritual teacher and student, no matter how spiritual, kind and compassionate we may be, we all suffer from judgement.

My commitment as a spiritual teacher is to keep it real, in order for this relationship to work I have to tell you the truth.

Gabbys definition of judgement for this book is straight forward, it's the separation from love.

To begin the journey of healing judgement and restoring love, we must recognise that we all have the same problem and the same solution;

the problem is that we are separated from love and the solution is to return to love.

The separation from love can begin as early as infancy. When we start to see ourselves as apart from others this separation makes us feel alone in the world, the separation can also spawn from the desire to feel better than someone else.

While we all have different stories that caused us to separate from love, we all have the same response to feeling alone in the world, **fear**.

One way to respond is to fight back through attacking in judging of others, it's an attempt to build ourselves up and lean on judgement as a great protector.

The ego voice of fear thrives on the belief that we are separate. The ego reinforces our separation by convincing us that we are less special or more special than others. When we see the world through the lens of specialness, the dark cloud of judgement blocks us from our light and connection to others.

We grow to believe deeply in the false perception of ourselves in order to feel safe in a world of separation.

Judgement is the number one reason we feel blocked, sad and alone.

Our popular culture and media place enormous value on social status, looks, racial and religious separation and material wealth. We are made to feel less than, separate and not good enough, so we use judgement to insult others from the pain of feeling inadequate, insecure or unworthy. It's easier to make fun of, write off, or judge someone for a perceived weakness of theirs than it is to examine our own sense of lack.



JUDGEMENT IS AN ADDICTIVE PATTERN

From a spiritual perspective, choosing fear and separation over love disassociates us from our truth. **We become fragmented in this state of separation and lose our connection to our inner being. In this disconnected state we inadvertently turned her back on our inner being and become obsessed with an outward projection of how we think we are.**

Gossip is especially nasty because it gives us the illusion that we are bonding with others, when instead we are just banding together to heap all our pain on to another person.

Gossiping can give us a buzz because it provides temporary relief from self judgement and attack. We repeat a self judgemental story on a loop all day long;

I'm not good enough,
why did I make that mistake,
I'm ugly,
I'm not smart enough,

and so on, all of these self-inflicted behaviours are just another form of addiction. (see self image in TLC).

We unconsciously choose to judge rather than feel the pain beneath our wounds. Judging ourselves as the victim feels safer than facing our wounds, this is how self judgement becomes an addiction. Our unconscious belief system keeps us stuck in the judgement cycle because we are terrified of facing our own pain and suffering. We use judgement to protect ourselves from exposing our deepest wounds.

The metaphysical teachers Abraham Hicks say "a belief it's just a thought you keep thinking," you create your reality with the thoughts you repeat and the beliefs you align with.

When judgement is your belief system, you'll always feel unsafe, under attack and defensive.

If you're going to change the habit of judgement you need to change your core belief system.



THE PATHWAY TO HEALING JUDGEMENT

Firstly, We don't have to give up on judgement altogether, in many cases we need it. We need to discern what feels safe and what doesn't. We must honour what feels right to us morally, also, this practice doesn't necessarily affect certain kinds of judgement, such as what to eat, who to date, or which model of car to drive. In fact, it's more useful to think of these as acts of discernment or personal choices, we can use logic and intuition to discern what feels right for us without being judgemental.

It's the habit of condemning and criticising that we must let go of.

One way you know you're in judgement and not in discernment is that you don't feel good instead you feel defensive, fearful or under attack.

Secondly, (I love this).. When we judge others, we are really judging a disowned part of our own shadow. Whatever we resent or dislike in another person, is a reflection of something we dislike in ourselves, or a representation of a deep wound we are unwilling to heal!

Thirdly, judgement may give you a high at first but it leaves a nasty, sucky hangover..

Judgement lowers our energy and weakens us physically and mentally. It makes us feel alone and cut off from inspiration and love.

Finally, loosening judgements grip is pretty simple; look at all the fear and bring it to the light. Like any great detox you flush out the toxins so that you feel healthier. In your newly clear state you become aware of how the habit hurts you and you intuitively know how to handle it.

Awareness of your judgement can help you become a more mindful and conscious person.

Your willingness to revise your perceptions will set you free, you will be able to let go of resentment and jealousy and face it with curiosity and love and forgive others and yourself much easier.

The Judgement Detox dissolves all boundaries with love, it brings us back to this truth; we are all in it together! We all suffer, we all feel unworthy and abandoned but identifying sameness in one another allows us to shift the focus from separation back to love.



A WORLD BEYOND JUDGEMENT

There are a few things to consider before embarking on this detox;

I recommend that you stay consistent. Like any detox the more committed you are the greater the results will be.

I also recommend that you document your progress along the way. This is an important part of the process because the healthier you become the more your ego will resist your growth, therefore consciously creating space to celebrate your shift will help you avoid judging your practice.

It's also important to call out our egos resistance. Throughout this book you will be asked to look closely at how you've committed to your own suffering in pain. When we do this, a self judgement will be triggered and in a space of self judgement we can get paralysed with fear and may want to stop. Be aware of this now so you can identify your egos resistance when it shows up. Instead of giving up to the fear, surrender to the love that lies within each step, it will give us new layers of relief and freedom.

Trust the process and stay consistent.

The promise of healing judgement.

This six step practice of his many promises;

Petty resentments will disappear,

compassion will replace attack,

the energy of resistance will transform into freedom,

and you'll feel more peace and happiness than you've ever known.

And the miracles keep coming! Once you begin to feel better, you start to release your resistance to love. The more you practice the steps, the more love enters into your consciousness and into your energetic vibration. When you are in harmony with what you love, you receive more of what you want, your energy attracts its likeness. So when you shift your energy from defensive judgement to free-flowing love your life gets awesome, you will attract exactly what you need, your relationships will heal, your health will improve and you'll feel safer and more secure.

One persons energetic shift has the power to create a ripple effect across the globe.

We all feel the call of our inner activist, the most powerful way to respond to that call is to shift our inner life. We become more conscious on our social media feed and in our face-to-face conversations and we become a better example to our children.

Is extra resources at www.gabbybernstein.com/judgementdetox

