

Along the Way Dec 6 Judge Little, Forgive Much

Judge not, that you be not judged. For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. -Matt. 7.1-2

Our minds essentially rely on binary thinking. We know things by comparison, opposition and differentiation. We use words like good/bad, attractive/unattractive, smart/stupid, hardworking/lazy, old/young, not realizing that there may be a hundred degrees between these two spectrums. This is the ego's preferred way of seeing reality because it simplifies things. We are very good at judging each other. I think we feed on it.

So, what do we do with Jesus' invitation to stop judging each other? Most of us don't take it very seriously. Jesus could not have really meant it. Of course, we do need to make judgements on the practical side with respect to work tasks, but Jesus is talking about nondual wisdom. To respond in a nondual way to situations or conflicts is to see what is before you without getting argumentative and enmeshed and without being reactionary or hateful. It is to see what is before you, judge little and forgive much.

If one makes this a spiritual practice, you can forgive your own and others' mistakes. You can let go of everyone who hurt you, your former spouse, the boss who fired you, the church, or even God. You will have no interest in carrying around negative baggage. Wisdom emerges when you can see everything, you eliminate none of it, and you include all as important training. Finally, everything belongs. You are eventually able to say, from some larger place that may surprise you that even the 'bad' was good.

The beauty of the church community is that we can be the place to practice this nondual thinking. We can stop making harsh judgments about others. We can slow down our rush to suspicion. We can truly offer forgiveness abundantly knowing we are all just practicing, hoping to eventually get it right.

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