



# How to Use Sound Judgment Without Judging

# Index

Introduction

Exercise 1: Judging to Contemplation

Exercise 2: Transmuting Judging

Exercise 3: Definitions of Judging

Exercise 4: Speech on Non-Judgement

Exercise 5: Closing Exercise



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# Introduction

*Let all our opinions be connected to our heart...that is good, for a start!*

In truth, our world is filled with prejudice and harsh judgement. However, when we change ourselves, we change the world. The more we accept and come to understand those different from ourselves, the more we embrace the feeling of love. Loving and liking are two different things. We do not have to like another, or like something they do and still love or admire them for what is good about them.

More than doers, we are deciders. We can decide not to allow certain people into our private space. But we do not have to judge them for who they are, what they believe in or how they live. When we realize that we do not have to feel threatened by how someone feels or acts, we can allow ourselves to accept life on all the different terms it seems to present.

As we become adults, we are the President, King or Queen of our own existence. We pick and choose how we feel, what we want to be or do and who we want to be or do it with. We are no longer dependent on another in order to survive. We become inter-dependent, not co-dependent. When we meet someone, we can examine and study how they behave and what they believe in. It does not have to be the same as ourselves. In fact, it is wonderful when we come together to learn and expand our consciousness.

It appears that there are so many topics that separate us from each other, religion, race, gender, sexual preference and age. Yet if you study each religion, you will find something wise about it. If you examine every race, you will find something fascinating about it. If you become vulnerable to the opposite gender, you will find something intriguing about it. If you come to understand same sex relationships, you can expand understanding from it. If the young respect the elders and if the elders are enthusiastic about the young, they would find something exhilarating about it

Morals are a different story. Along with love comes respect and along with respect comes love. Morals are a by-product of respect. There is a big difference between judging and sound judgement. We can be very clear about the boundaries of right and wrong, without judging. We can be in a firm state of mind, knowing that hurting another is never acceptable. If we get entangled with someone who does not have a proper standard of morals, the wisest thing we can do is study what seems to be uncomfortable for ourselves, and then move on....without judging them. If we judge another, we will inevitably end up judging ourselves. We need to be content with our own forward growth and hope the best for the other we left behind.

Judging another creates resentment, resentment then creates a hardness, hardness then creates some form of cruelty and from that cruelty, violence is born. However, when we accept another's difference of opinion or belief, we create serenity, serenity then creates a softness, softness then creates harmony and from that harmony, peace is born. And when peace is born, love is stationed and secured.

# Exercise 1

## Judging to Contemplation

Mark off what applies to you and then look at how you can transmute judging to quiet contemplation.

1: I tend to judge another person or situation when I feel ashamed.

*When we feel shame - we usually look to blame.*

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2: I tend to judge another person or situation when I feel afraid.

*When we feel afraid - bad statements are usually made.*

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3: I tend to judge another person or situation when I feel envious.

*When we feel envious - we are never oblivious.*

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4: I tend to judge another person or situation when my self-esteem is low.

*When our self-esteem is low - we overlook what we know.*

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5: I tend to judge another person or situation when I feel in scarcity.

*When we are in scare-city - we drown in self-pity.*

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6: I tend to judge another person or situation when I feel nervous.

*When we feel nervous - we tend to create a fuss.*

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7: I tend to judge another person or situation when I am attached to the outcome.

*When we are attached to the outcome - we can make decisions that are dumb.*

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8: I tend to judge another person or situation when I don't know enough.

*When we don't know enough - being wise is really tough.*

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# Exercise 2

## Transmuting Judging

1: Are you judging another person or situation and why? How can you transmute this?  
*Study what you admire and respect, overlooking what you do NOT admire and respect.*

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2: Are you judging yourself and why? How can you transmute this?  
*Make a list of everything you like or love about yourself and pin it up to look at each day.*

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3: Are you judging something political and why? How can you transmute this?  
*Look at all parties good points, not overlooking what repels you or you do not like.*

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4: Are you judging a certain group of people and why? How can you transmute this?  
*Make a point of trying to understand their reasoning and meaning.*

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5: Are you judging certain religions and why? How can you transmute this?  
*Read the wisdoms that have come from each religion and honor them.*

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6: Are you judging other peoples success and why? How can you transmute this?  
*Sometimes when one has success, others make a mess.*

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# Exercise 3

## Definitions of Judging

Look over the 30 definitions and mark the ones that resonate with you the most. Then make a list of the ones you can learn from the most.

- 1: If we judge ourselves, we will judge another.
- 2: When we are judging, our smarts are not budging.
- 3: Judging comes from a state of fear of something we are not familiar with.
- 4: Judging another is birthed from our own negativity.
- 5: Those who have respect for themselves, renounce the right to judge meanly.
- 6: Wisdom does not allow for judging another, however, wisdom insists on sound judgement.
- 7: The three steps to non-judgment – observe, study, learn.
- 8: For those who listen well, will stay out of another's hell.
- 9: Sound judgement comes from observing someone's character.
- 10: Our happiness is annihilated when we are in critical judgement.
- 11: When we do not judge another, our inward wisdom steadily develops.
- 12: Our quality of life will fall when standing in judgment of another.
- 13: No sense judging another who is not like us, since we are all uniquely different.
- 14: No religion has the right to judge another, for the other is their infinite sister or brother.
- 15: When one has the need to be right – it usually leads to a fight.
- 16: Accepting another is our wings – judging another is our spurs.
- 17: To judge another is to lose our own joy.
- 18: One cannot understand another while staying in judgment of them.
- 19: One can feel hurt or angry with another without judging them for their trespasses.
- 20: We tend to judge others in their affairs rather than looking at our own.
- 21: We are sure to judge wrongly if we are not in the wisdom of our hearts.
- 22: When one is using their intelligence, one does not stupidly judge.
- 23: One can never help another while being in judgment of them.
- 24: The more we know ourselves, the less we judge others.
- 25: The wise know the gravity of judging another indiscriminately.
- 26: Watch others but think for yourself.
- 27: Renounce the right to think meanly of others.
- 28: Good judgement is not only in the ability to censure but in the knowing of how to approve.
- 29: There is no justice in judging, only consequence to all involved.
- 30: We do not judge another by who they are, but by what they are relative to ourselves.











# Exercise 5

## Closing Exercise

1. What do you feel you learned from this manual that you will incorporate into your work life?

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2. What do you feel you learned from this manual that you will incorporate into your personal life?

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3. Which exercise did you like the best and why?

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