

Recognizing and Releasing Pain & Judgment EXERCISE

1. Think of an experience when you felt pain or judged by someone:

- a. How old were you?
- b. Where did this take place?
- c. Who was the person who judged you?

How old was I?	Where was I located?	Who was with me?

2. MEDITATION EXERCISE to release pain and judgment:

“Sit up comfortably. Close your eyes and focus on your breath to connect with your body. Take 3 deep breaths. Now imagine you are in a space of light and love.

a. Imagine yourself in that painful memory or when you experienced judgment.

Watch yourself with compassion. How old were you? Where were you located? Who was with you? Put your hand on your heart:

- i. Acknowledge the pain and in your mind say to yourself, *“I’m sorry. I’m sorry. I’m sorry.”*
- ii. Allow a space of love and say to yourself, *“I love you. I love you. I love you.”*
- iii. Accept 100% responsibility for what you contributed or created and say to your inner child, *“Please forgive me. Please forgive me. Please forgive me.”*
- iv. Appreciate what this taught you, *“Thank you. Thank you. Thank you.”*
- v. Ask for healing from the Divine light and love and say to yourself, *“Go in peace. Go in peace. Go in peace / God bless you, God bless you, God bless you.”*

b. Imagine the person who hurt or judged you: Forgive them by saying, *“I’m sorry. I love you. I forgive you. Thank you. Go in peace / God bless you.”*

Thank you for **recognizing** your pain. Thank you for **releasing** your pain, judgment, and blame. You are **renewed** to create with intention and love. Take 3 deep breaths and open your eyes.”

“Judges Exercise” from the book, A Soprano On Her Head by Eloise Ristad

“Lay down on your back. Close your eyes and look at your own private collection of judges. Visualize your judges in a circle around you, and give them shape and form. For some, the judges are dark blobs of discomfort; for others, they are human, recognizable personalities, often appearing as parents or other authority figures from the past. You will find these shadowy characters rather easily. They are the figures of authority who impose heavy rules upon you---who send you off on endless missions of duty rather than let you know what you really want and need. They are the ones who give you that vaguely uncomfortable feeling in your gut when you don’t measure up to their invisible yardstick, when you have been a little too silly, or when you have had some delightfully wicked fantasy.

Let your judges take the form they wish. Most of us have instant access to these shadowy figures who are such dedicated companions. Gather your judges together. Put them all out in front of you with a firm hand and look. Just look.

As you look, sense the power these judges have. Feel their effects in your gut, in your chest, in your forehead, in your jaw. Notice where your tongue is pressing. Don’t try to relax---just sense, physically and emotionally the power of these judges.

Let yourself become thoroughly familiar with the sensations you feel. These sensations will become a future reference point, so let yourself be curious about them. You’ve often gone to great lengths to escape these feelings; now your task is to find out all you can about them.

When you have SENSED the nature of your judges as fully as you can, leave them for a moment. Breathe a small pinpoint of light or energy into your center....Let each breath intensify that energy...Slowly let yourself expand with each breath...Let yourself change from small and vulnerable to expanding and powerful...Sense your body, sense your breathing, sense YOURSELF and revel in the intensity of the sensations.

Now come back to your judges. Look at them carefully again. Keep sensing your body, your breathing, the sense of power that you have. Don’t TRY to feel powerful, just tune in to whatever sense of power is there.

Do your judges wear the faces of people from your everyday life? Of your parents? Teachers? Religious Leaders? Classmate? Do the faces melt together into your own disapproving face and consciousness? Find out. Go along with your perceptions, and continue to feel your own power center, your own sense of being, your right to be totally you and no other. As you sense yourself more deeply, you can afford to reach out to your judges. **Have a dialogue with them. Look around at each judge with a sense of detachment and curiosity and find out what each one is telling you. Let them speak their piece about what they expect you to be, and answer clearly that you are only who you are. Take the initiative and talk back to them; ask them to be more supportive and to stop bullying you. Ask them for support of whoever you happen to be. Ask them to pack all of their expectations back into their traveling bags.**

Now feel your goodness/your badness; your kindness/your meanness, your strength/your

weakness; your talents/your un-talents; your dedication/your laziness. Feel all the opposites that comprise your being human. Feel the power in these opposing forces within you. Without these opposites you would be bland and characterless.

Feel how your power reduces your judges to caricatures. Let those judges put on a show now---poking their fingers at you, jumping up and down with their silly demands, unrolling endless scrolls with their impossible list of expectations. Listen to them chatter and yammer at you.

Look at each of your judges with understanding, as you would any pathetic, unreasonable character. Even love them a little, because like it or not, they are parts of YOU, and they really do mean well. But no thanks, you aren't buying any garbage today. They may well catch you unaware another time, but for now, this moment, you know their game. Then tell them to run along, because right now you are too busy being you to bother with them. Watch your judges---seedy character that they are---pack their bags, and wave them off once again.

Flip back for an instant to the jagged discomfort and anger your judges cause. And then return to your amused tolerance for your judges' tricks. Find out how it feels to travel back and forth, so you can clearly recognize each state.

Let your sense of humor be triggered the next time you are practicing and recognize a whack from your judges. Be ready to respond with an "Aha, I caught you red-handed" when you slip back into judging, monitoring, and editing yourself. Savor the instant of your "Aha," for that is the instant that you are present, aware, recognizing your own power to live free of judgment. **Because that energy you have given your judges in the past is now available to you for solving problems and for practicing effectively for your performance."**

*Open your eyes and share what has happened.