

JUDGMENT AND COMPARISON

Group Teaching
December 2011

With

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Antonia

Good evening, everyone. Welcome to the Masterpiece Life Conference Call Network. My name is Antonia Hagens from masterpiecelife.com and I'm here with Franco DeNicola. We are both here tonight to host a live clearing on judgment and comparison. So Franco, honey, welcome again tonight. It's always wonderful to be together with you.

Franco

Well thank you. And it's always a pleasure to work with you and also all the beautiful souls that join us. This work is to assist everyone and on a large scale and transform our world. So it is my absolute pleasure to be part of it.

Antonia

*Hmmhmm. And in the e-mail I sent out, I mentioned that when you are participating in these clearings you are not only assisting yourself, but you are assisting the transformation of the entire planet. So all of you that are on the call now and that will be listening later....and as you listen to it again and again... **especially this one on clearing judgment...I recommend that you listen to this one over and over and over again because judgment is a really old, really deep program within the human experience. So as you listen and the more you clear out the control that judgment has on our lives for you, you are assisting in transforming the whole collective. So to all of you that are listening now and listening later...thank you.** Thank you for taking the leadership and being part of changing and advancing in that area. Because that is really what you are doing. Don't you think,, Franco? You and I can sit and do this one-on-one together, but us being here together on this call there's always a different energy when you and I are together with those that are participating as well; it is so much more powerful. For sure.*

Franco

Absolutely. And even the participants that join at different times afterwards, it's all linked. **Because we are all connected to the collective consciousness and at the same time connected to the matrix with the transformation that we are doing and every time that we re-confirm within ourselves, we are also uploading it into the collective consciousness and also the matrix.** Now for the matrix, of course, it has an opposite. But the fact that we are stepping aside from it and creating a different way of programming it or basically de-programming the original program of judgment and of course, comparison and so forth and all of its brothers and sisters that are attached to it, we are actually freeing everyone.

The thing is, we are creating the opening. We are creating a pocket of consciousness that is judge-less and comparison-less. The thing about judgment and comparison, it is a big powerful tool that is being used to keep us going round and round in circles all the time. And also creating a separation between ourselves and everyone else. Because we are coming into this Oneness Consciousness these adjustments that we are doing with these clearing and so forth, and because of all the beautiful participants...because everybody's participating, it's not just you. As you were saying, Antonia, it's not just for them, it's for everyone.

And the beautiful part about this, Antonia...and we talked about this before....is that **even though we are doing this for the whole, the whole is us anyway.** And it always comes back to the beautiful experience. Any thing that we change with the collective, we change in our own experience too. And the playground changes because of it.

Antonia

Yes. That's the beauty of what's happening. And in the e-mail I sent out, I was asking can you tell me where your judgments are because the first step is the awareness. Because once you become aware of it, that's the "pause" when you can touch and recognize, "oh, you're judging," And then you get into judging the fact that you're judging. And you get into this funny little circle of "Oh, how can I be judging when I'm judging, and then judging it again." So the mind might have a lot of fun with that.

But the first step in any awakening is always the awareness of something. And that offers you a "pause" or a space wherein you can then choose. You can judge and then notice the judgment and let it be. Or you can judge and just keep on judging. Or you can judge and just be totally aware of what you're doing and being controlled by it. And I would say that the people who are listening to this program and on this clearing, they are at a level where they are aware of the judgment and that is the first step to empowerment. The first step is of starting to clear that out.

But not like it's a "wrong" or something needs to be "fixed". But it's more like, "OK, I can see how judgment is limiting my experience. I can see how judgment

and comparing myself is limiting the potentiality that I am, and now I'm ready to go past that and not let that part of the program control and run my life anymore. I can let it be there because it's part of the human experience, but now I'm choosing to not let it run."

And that's what part of tonight's program is about: giving you more access, more tools to do that for yourself, over and over. And I encourage you that...this one particularly... that you don't just listen to it once, but rather go back and listen to it multiple times. Because judgment is like the layers of the onion; there's so many levels of it and so many differences.

I actually had a good question come in: "Well, OK, how about judging positively?" So we will do a teeny bit of a talk on both sides before we get started, and then we will have a very quick pause/break and then we'll come back and we will run the clearing straight through for the evening. So do you want to make any comment on that, Franco? When judging things negatively and when judging things positively

Franco

Well, the thing is, **with any form of judgment we're making a confirmation, a statement or a definition based on the state of consciousness that we're in. And as long as we're judging, we are creating a polarity and through this polarity there is a right and a wrong. When there's no such thing as right or wrong, everything is just an experience. How we can look at it is that it is an observation, meaning I can observe a certain action, a certain interplay that is taking form, or some response mechanism, and I can observe not only what is playing out as an experience, I can choose what I want to do with it and what direction I want to take with it.**

So there is the observation aspect of things...but the thing about judging itself is that we are basically bringing in that polarity aspect of it. And once we have polarity then it has power in itself. You see, it's like playing with negative and positive: as long as we are playing with either side we have the other side as part of our challenge, or we move back and forth. That's why I say we have to go beyond positive and negative; we have to be in a neutral, fluid state where we can play with anything but we're not attaching to any experience.

So you could look at what we could call a negative experience – well, it is what we could call an experience and we could call it negative or positive. It might have certain outcomes that we have labeled as negative, but is it actually negative? It is an experience that has certain outcomes, and it has a certain play that gives us a certain level of density of energy and a certain level of experience in our own physical form as we are experiencing it. And we can decide at that point if it is something we choose to play with it any longer.

Because this is all about choice. The thing is, even if we have to look at the world, we can easily judge the whole world. We can judge everything that is playing out. Because what is playing out is quite dense, quite dark. Now is that a judgement? It's an observation. It "is" that. But is there anything "wrong" with what we are experiencing on the planet or what we are projecting in the planet? Really, there isn't anything "wrong." We have created from "light" (which is pure potentiality) a certain level of density, a certain level of experience that creates a powerful separation, creates a powerful level of judgment and certain experiences that are less than what we potentially are capable of. But that is just a polarity that we chose to play with.

So we can look at the world and judge the world, or we can look at the world and say, OK, great experience, but now that we have had this experience and have created these series and series and series of memories and observations and experiences, are we now done with this? Are we ready for something different where we are not playing with the same density and darkness any longer, without judgment, of course, and then saying OK, what's next? Let's play something else.

So the planet is going through a transformation not because this is horrible, this is wrong, this is evil...and again these are judgments, labels and definitions. **It's because we have outgrown it. We've seen how the diminished amount of light and how much density we can create where we can no longer see ourselves fluid and playful, but now we are choosing to go back to our more natural state and project a world in that state.**

So, the thing is, anytime we're getting involved with judgment, there's a right and wrong. And there's a definition to it. And this is why religions and other organizations get in...and even cultures and so forth, look at all of that. People get together and they start judging one another. One religion judges another religion or other religions. You get one culture judges the next culture. And so forth and so forth.

But where is the judgment coming from? It's coming from a certain level of perception. So somebody from one religion has a perception and a belief system that they've adopted, and they have now convinced themselves that that is the one way, the only way, the good way and anything that is outside of that is wrong, it's not right, something has malfunctioned. But when you really look at it, the other organization could be looking at the same thing and say, No, they're wrong. But really, what is the truth behind it? **They are utilizing certain perceptions, certain belief systems and then creating a judgment from it, creating a definition that this is good and that's not good.**

So the point is, each one are experiences. There's no right or wrong about either one, however, you're taking on a perception and that perception gives you a certain level of experience. **But you get to a point where that perception limits you,**

because any perception will limit you. So, is that an issue? Well, not at first because I want to choose this particular experience and not knowing anything different that's great. But you get to a point where you say, OK, I've played this, I've got to a point where I'm ready to step outside of this and create something different. I need to let go of those perceptions. I need to let go of those beliefs because they have confined me to staying in this stage of experience, and now I'm ready to go into something else

So, the point is, is for us to realize that there's nothing to judge; we're just having a series of experiences. But these experiences are what is unfolding, because we are unfolding because we are choosing to have a different experience. So for us to go in and judge one another...you have to understand, **even when we are judging one another it's based on your own perception of what should be or shouldn't be.**

You can be in a situation where someone is having a certain experience...for example, especially with people who are awakening, we'll follow that for now...they are starting to remember more of who they are, their experience starts to change and of course, what happens? Others will start to judge you. Actually the judgment is always there no matter what you do because the mind always has its own perception of things. But you start stepping out of something and they automatically start to say "Oh, you're crazy." "You're in a cult." You're this...you're that...all that spiritual stuff. Again it's based on somebody's perception. Now the person who's awakening may start to judge everybody else. "Oh, look how dense they are." "They don't get it." "They can't see the truth." Or whatever it is. But even that experience is an experience.

But at a certain point you have to realize "OK, I'm making a certain choice and having certain experiences. And these experiences are unfolding me in one direction, and they're still in that direction and their direction will change, and whatever. Cause you have to look at it, **everybody is having their own individualized experience.** And that, of course, affects the whole, but we are each individualized experiencers and each will go through certain journeys and experiences.

You can't judge a child because they poop in their diapers; they're in that stage of their life at that time. OK? But they will outgrow it. They will come to a stage where they don't need to poop in their diapers. They basically become toilet trained. Do we judge a child for it? No, it's just a phase. It's just a journey that they go through. It's the same thing with us. We've all experienced it. **Even if we haven't experienced it in this life, we've experienced it in multitudes of lives – because we've had multitudes of lives – different ways of experiencing things and different ways of understanding. And, you know, sometimes we judge a culture, for example, and we may have had one or two other lives in that culture in past lives. But in that state at that time it was exactly what we believed in.** Or we may have been affiliated with some organization where we were

wholehearted believing that's all there was and we were on the right track and there's nothing outside of this.

And then our consciousness changes and, of course, what happens? All of a sudden our views change and what we thought was the "end all"..."Oh, OK, that's not it." And then of course, if we let the ego mind go into it, we start judging the people where we were before. "Oh, they're not getting it." "I got out of it." And so forth

So the key to look at is that judgment is an ego thing and the ego is very good at that. And it is skilled at that because that's part of the experience that we've walked into. And we're dissolving a lot of that.

Because, the thing is, **judgment keeps our mind busy and it also keeps us out of balance all the time because we are so occupied in judging ourselves, judging others.**

Because even if you look at judging ourselves, we're here to have experiences and we learn from these experiences. So say that we believe that we made an error in our life. Or we made certain specific choices that may have had a certain outcome that we can label as a bad move or a foolish thing, or whatever it is. But that's based on a consciousness of looking at it right now. And even that is a consciousness that needs to unfold anyway. **But the choice that you made whenever you made it, you were in a state of consciousness that required that specific experience to take form. So was it a wrong choice? No. It was the best choice at that time.**

Even though we are pure potentiality and we have multitudes of probabilities to choose from, you chose that particular probability. And we experience that experience and we had to learn whatever it was that we needed to go through to experience the next step. To go into the next step. So allowing that to take form, and now looking back on it, "You know, I never should have gotten together with that person." or "I never should have made that business deal." Or "I never should have taken that class." Or whatever it is. But you can't look at that because, at that time, it was what you needed. **You were in that state of consciousness that needed to have that experience to bring you to the next step.** It's like walking on a walkway and you're taking steps along the walkway, and you're judging all the steps that you've taken. But you needed to pass that crack or step or whatever it was there to get to the next step. Why are we going to judge a cracked step? It still took us to where we needed to go. There's nothing wrong with that aspect of it.

o this is why it's so important for us to look at it...Why are we judging ourselves? We can observe, of course, like you were saying, Antonia, we can observe and look at "Where am I at today?" "What is playing out in my life?" Now is this judgment of mine, for example, limiting me? Well, OK, yes, it may be limiting me because I judge and compare. And when I'm comparing I'm now defining, and when I'm defining I'm making my experience limited. Without judging it and saying "Well, it was a stupid

foolish mistake. Why am I doing this? What am I, a turkey or something?" Instead of look at that and creating all this dynamics or dialogue which the ego mind likes to do, we look at it and say "Wait a minute now. OK. Where are we now? Now this is something I want to change because I am no longer needing to make this journey. I got the message. I learned what I needed to learn. I now choose to experience something different. So you make a new choice. And from that choice you carry on. And the next choice...and the next choice.

But we are not here to judge it. We are not here to start looking back and comparing one choice versus another. **This is why...you know, when you talk about being in the moment you need to look at where you are today. Because the steps you've taken before brought you to where you are today. At it served...it served at the time. So whatever's playing out we can observe, and through our observation we can decide, OK, do I need to experience this any longer? What is my lesson? What's the next thing I need to do? And then go from there.**

And the same thing with judging others. Because the ego first of all starts off with judging itself and comparing. And even comparison you can't compare because everybody's unique and everybody's having a different experience. And we've all gone through patches or what we call paths that we look back now and say, well, that was pretty foolish. But, was it? Not at the time based on where we needed to go. And others are going on those paths but, again, everybody's experiencing it differently. **So we can't compare and say my path is better than their path. A path is a path. We all need to get to some point.**

Now you may have a different level of consciousness at this time and you can see more clearly that, hey, wait a minute, it's in front of your eyes, you can't see it. You can observe that. You can observe what that does. Because, again, **many souls around here that are in our lives are assisting us anyway. They're playing a specific role and not so we can judge them but we can see that certain choices they are making and they're having their certain level of experience.** You may be able to see through it; you may be able to see it more clearly what the outcomes are and what dynamics are created around them. So then you can choose to say, Well, I don't choose at this time to really play in those dynamics, or to make a directional choice or take on a certain path that creates these...**Now, it's never going to be the same but at the same time you can say I don't need to go there. Why don't I need to go there? Is it because it's wrong or because it's stupid or whatever. No! You say, It's just not what I choose to experience now any longer. I may have been there and done that, it's great, but that's not a path that resonates with me because it is not my journey.**

So you observe. And this is where the line comes in. **There's observation, there's judgment, there's comparison. The key here is to observe and through observation you see what is playing out. Because we don't have to live through all experiences.** We can observe certain experience that play out with each individual soul. Like, every experience that every individual is doing, for

example, everybody on the phone, whatever you're playing out...for example, if you start to awaken and you start to experience life differently, you start to see things differently, you start to see things differently, and you start to emanate that. And that emanation that you're doing is allowing others to observe and say Hmmm. Such and such is having an experience of feeling free, of feeling light. It doesn't matter what's going on in their life, they are not caught up in the drama. Well, you know, I would like to understand how that works - that part of it.

And it's not a comparison. It's just about feeling, Yes, that is something I would love to experience. Now, they're not going to experience it exactly the same because everybody's different. But, yes, I want to make a choice to find out how this experience can be part of my experience. And then, of course, we are not going to judge ourselves if it doesn't play out the same or that I need to compare myself to someone better than me or I'm better than them, or anything of that nature. An experience is an experience. There's no better...or not.

It's just a matter of we are all having different experiences and we're learning from each other and we're supporting each other. I mean, remember, we are all individual beings...all little pieces of the puzzle that makes up the whole. And each one of us is a beautiful different experiencer creating a beautiful coloration on that fantastic canvas that we are creating that we can call life, or basically the expansiveness of its own essence

So, the thing is, with judgment we get to the point where we look at it and there's nothing to judge. It is for us to observe....observe. And through our observation, even observing ourselves, you know, how we automatically respond, how we automatically make certain choices that are habitual or anything of that nature that may no longer serve. And we can feel it inside when it no longer serves and we don't want to experience it any longer. Not because we judge the experience as though "I hate this experience!" because that's a judgment again.

And any time we create a judgment, too...because anything we polarize we basically give it power. And we give power to both sides of it, not just one side. So the thing is not to polarize it and say, well "This is good." or "This is bad." It's just one experience.

And that's the other thing, too...whenever we're making changes in our life, the moment we polarize it, it becomes much more difficult to make a shift in your life. If we judge an action that we normally take (like what we might call an addiction or something)...if we judge an addiction it's much more difficult to shift from it than to observe it, look at what it plays out to...for example, if you have somebody with an addiction to alcohol, instead of seeing yourself and judging yourself as a loser and judging yourself as weak, seeing yourself as incapable, seeing yourself enslaved, and judging yourself as somebody horrible that shouldn't be fit to live, or thinking in some way that everybody's not going to want to be part of your

life...instead of going through all of that, you can look at it and say, **“OK, I’m having an experience of alcoholism.”** Meaning that I am now engaged in a habitual pattern of drinking and whatever experiences. You’re not going to judge it as good, bad, wrong or right...you’re going to see it. It’s just an experience. And then you say, **“OK, what does this experience do for me?”** Well, it has these series of feelings, experiences, interactions...and all this stuff is playing out. And you look at it and say **“OK, there’s no right or wrong about this, however, I’m choosing to see, does this serve any longer? Is this a pattern I’d like to maintain? Is this something that I want to continue with at this point and experience it the same way? Or am I choosing something different.”**

And if you look at it and say, well I choose something different, without judgment, you can start making the changes. And then it doesn’t become something difficult. You then each moment in the stage that you’re about to pick up a drink you look at it and say, **“OK, do I really feel like having this drink right now?”** You’re not going to judge it wrong because the moment you judge it wrong, of course, the ego goes all into its mode. You’re basically, **“Ah, well, do I feel like having this drink or not?”** **“Well, I don’t. OK.”** Then you don’t. Or **“OK, I feel like having some now.”**

But you also observe while you’re drinking it how it actually feels. You’re not just going to gulp it down because you have all this judgment against it and I’d rather not face it, or anything of that nature. Because none of that will play out; you just observe. And then you can make a choice. You make a different choice. And you’ll see that those habits, those addictions, are easier to change when you are no longer judging it. You allow it to be observed and then you make new choices.

So, judgment and comparison is a very biggie, OK. And this is why we are covering it, too, because it is a very powerful spiraling effect. **The ego starts off by judging itself, then it gets to a point where it’s tired of judging itself and it’s getting uncomfortable with itself, it starts to judge others around them. Because that way the focus leaves themselves and they’re finding wrong in everything else around you. But the moment you find wrong and the moment you’re polarizing this then you’re basically getting caught up in a limited spiral.** And this is what we’re looking at right now and saying how much of this do we still need to continue to play out?

We’ve played it out. We’ve played it out for a very long time. So now we’re making a different choice. And this is why it’s coming up to the surface where it’s becoming uncomfortable and we start to realize, hey, wait a minute, this is a complete pattern that we’re doing over and over and over again and now we want to experience something different and we want to step outside of that.

So the whole thing about judgment at this point is that we are going through a transition where we stop looking at things outside of us and labeling it and judging it and start to observe it and tweak and change what we are choosing

to change. And that's where we are engaging in the power of our essence of pure potentiality that we are when we taken that part of it out of the way.

Now, people say "Well that's not easy to do because the mind is always judging." But this is where it comes in to start to observe. And, Antonia, you were saying earlier you start to observe. **You start observing yourself how often you judge yourself and how often you're judging others. So you look at it and say "Well, why am I judging?" You can choose not to. You can listen to it like a voice behind the scene and you can say "I'm not playing with this. This is not for me to play with any longer. I'm not here to judge anything. I'm not here to categorize anything. Everything's perfect."**

We need to let go of all the stories about what's right or wrong, good or bad; everything is an experience. However, I am choosing no longer to repeat this experience

Now if you want to continue to judge. Hey, that's fine. You can continue to play with comparison. That's fine. Because, remember, the world functions on that right now because **as long as we're judging each other we're so busy that we're never giving ourselves the power to make any changes. So as long as we're judging ourselves and judging others, we're keeping ourselves locked up.**

And then of course the comparison world comes in because the media always lets us compare some "idea" of what life is about. And when we start to compare and always trying to meet up with that comparison or actually use it as a way to compare ourselves.

Of course we see a model in a magazine – male or female – and then we start to compare ourselves to it and say "Well, I don't look like that. I look horrible. Who would want to be with me?" And then you start feeling bad. But then that's only an experience but you can see what that comparison does.

You know, an illusionary or belief system was created that we should look that way. But a lot of times if you had to really look at the fine print of all of this most of the models there are air brushed or whatever it is, to make them look even more perfect than what we've already perceived. **But then we have to believe that look is the ideal look. And then we have to compare ourselves to it. And then we need to judge ourselves when we don't look at that.** Or we look in the mirror and we can see what we call imperfections – because we believe it's an imperfection

Because if you didn't have a belief system that it was an imperfection...everybody has certain characteristics about themselves that create a certain experience and a certain look. Nobody looks exactly the same. And who says that one feature is better than another feature? **It is something that we have convinced ourselves that one feature is better than another feature, but it's just a feature.** Somebody carries a little bit more weight and somebody carries a little less weight.

What's the difference? OK? It's just that we have a belief system that we should look a certain way and, of course, if we don't look that way we judge ourselves. And then we start to see ourselves that there's something wrong with us...we don't deserve this, we don't deserve that. And of course we now limit our experience. We box ourselves in.

But the point is, we can be OK with whatever shape that you are. Now if there are certain things that you feel...weight, for example.. you could say, "OK, I've now had the experience of this and I'm not judging the experience, but, however, I just want to create an alignment within myself. And if my body adjusts accordingly and I feel a little bit lighter and I have more fluidity and more freedom in movement, then that's great. But if it doesn't happen, it doesn't happen; you're not going to judge yourself about it. You're not going to beat yourself up. Because that, again, is just keeping yourself locked up.

So the thing is, too, when we are experiencing life, OK?...day by day, moment by moment and we do not judge anything. We just observe things for what they are. It's like us walking through a park and you see all these flowers and plants and so forth and grass and so forth And we can go there and judge everything. We can judge the plants – "this is a beautiful plant, and this is a beautiful plant. I don't like that colour. I like this colour." And there might be some growth that is growing in a way that is...we can turn around and walk through that and **we can get so engaged about judging that we miss out the whole experience of looking at all the beautiful facets of everything that's around us. And when we're busy in our mind with judging, we're missing the world!**

And this is one of the exercises that we talked about in one of my seminars... but, at the same time...it's like the exercise that I did some years ago with some students/people that we were playing with, and we walked downtown Toronto. And while we were walking around downtown Toronto, one of the key things I said to them is that. **"The exercise here is to walk and observe...everyone you see, everyone that's around you...and not to judge anything."**

And again, the point I made is that the judgment is all in your mind. You have created certain rights and wrongs, goods and bads, acceptable and not acceptable, what is pretty, what is ugly, what should be different, and so forth. But if we suspend all of that and walk and just observe and see that every person you see, every action is just an expression, an experience of something you're observing. You will notice that you will see a beautiful garden of beauty and a variety of expression and a variety of experiences coming around you. And your mind is absolutely quiet. And you can actually enjoy every moment of it. You can actually feel your own breath. You can feel the energies around you. Because the mind is quiet. You're not judging anything. Because now you're not confining it. You can see everything for what it is. And whenever you see it, and the mind wants to judge something..."No, I'm not judging anything." It's just its own beauty, whatever it is

Like they say, "Beauty is in the eye of the beholder." Beauty is in everything. Beauty is whatever it is. There is nothing opposite to that. Because everything is just an expression of whatever it is. We're the ones that categorize what's beautiful or not beautiful based on perception, beliefs, programs. We can have men and women be beautiful in one culture and ugly in another. Because we have been brought up and programmed and so forth, with different perceptions. Does it taste different? Well, what is taste? Most of it is programmed anyway.

So if we want to create an experience of pure potentiality, then we need to get rid of all these definitions, all these programs that justify us or make us believe that one thing is better than the next and so forth. And then we can actually experience everything for what it is .

Antonia

Absolutely. And that's what the clearing is: for people to start accelerating that in their lives tonight.

*Transcribed by ARL in February 2012
from a recording of a live conference call/webcast*