

Judge Situations, Not People

By Sadhguru

People assume that by knowing other people or reading their minds it would come in handy. This is not true. Only if one knows oneself, then will it be useful and even effective to them.

If you do not make any attempt to read, perceive or judge something, but simply look at everything the way it is, you will see things the way they are. But if you make efforts to read people's minds - maybe sometimes you might be right because after all you do have a mind, you have perception and you can judge. But even after all this, what will you do with these judgments? Once you get into this mindset, you are looking at ways to make use of people. However, please understand that, things were made to be used and people, to be loved.

But the confusion between the two is so deeply ingrained that people are being used and things are being loved. People have relationship break-ups, but have you seen anybody breaking up with their money. We are using people and loving things. So if people are here to be loved, why is there a need to 'read' them?

When you judge someone based on physical appearances, your mind will immediately say 'oh she is beautiful, she is

ugly, she is young or she is old'. All this will occur in a split second. When you try to judge one's behaviour or speech, you will make judgements regarding their attitude, their behaviour and sometimes even have extreme emotions towards them, like love or hate, etc.

Thus don't look at a person's body, mind, or emotion. When you've met someone for the first time address the deepest core in that someone to begin with. Bow down to the seed of life which exists in this being. Whatever is the source of life, that is what you refer to as God, isn't it? The source or seed of life exists in every one of us. Your first involvement should be with this. Only then can you meet the other side of the person.

The person's body or mind may not be ok but you should have no issue about that. This person may not be of your culture, but that again it should be fine because you have addressed the fundamental source of life, not as a judgment or a reading but a deeper understanding of life. So when you first meet a person, bow down to the source of life within. After that, you have no conflict or judgment.

Bliss

No human being is constant. Today they may act in ways that you don't really like. The next day however, they may be in a wonderful mood. But if you are judging from impression and readings of that person from the past, then you will miss the way they are in the present. Once you get into that, you are in a trap.

Even if your mind makes judgments about other people, don't attach any importance to it. Invariably, there are only two basic judgments: good or bad. Once you start making judgments about people everyone you consider good, naturally you are drawn to and get attached to and everyone you consider bad, you get repelled from. And accordingly will your emotions will flow. So there is no need to judge. You just have to judge situations. You don't have to judge people.

Isha Yoga's Hata Yoga program will be conducted from November 21st to 23rd 2008 IDC hall, Verna Industrial Estate. For details contact 9822100305, email: goa.ishafoundation.org

