

# Reading Minds and Judging People

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People think that by knowing other people, or reading their minds, we can be effective in the world. This is not true. If you know yourself, you can become very effective.

If you do not make any attempt to read, perceive or judge something, but simply learn to look at everything the way it is, you will see things the way they are. But if you make an effort to read people's minds — maybe sometimes you will, because after all you do have a mind — you can read certain things, you have perception, you can judge, but these judgments, what will you do with them?

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 misunderstanding is so deeply ingrained that people are being used and things are being loved, isn't it? You have seen people divorcing their relationships; did you see anybody divorcing their money? No.

We are using people and loving things. So if people are here to be loved, where is the need to read them? When you come to a Yoga programme, unknowingly, many of you are beginning to do the namaste gesture.

You do this because it's their body you see first, isn't it? If you look at this person's body, immediately your mind will say 'oh she is beautiful, she is ugly, she is young, she is old...' All this will occur in the mind in a split second.

If you try to judge her behaviour or speech, then all kinds of judgments happen. You like her, you dislike her, you hate her, you love her.

So don't look at her body, mind, or emotions. You address the deepest core in this person to start with. First you 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. First, you bow to this. Your first involvement is with this; only afterwards you meet the other things in the person.

Body, mind might or might not be OK, but you have no issue about that. This person might or might not be of your culture; that's OK. Likes and dislikes, it's okay; because first

you have addressed the fundamental source of life.

So this is not a judgment, this is not a reading. This is a deeper understanding of life, that first when you meet a person, you bow down to the source of life within her, with that you have no conflict or have no judgment.

First address that dimension. Once you have addressed the source of life, body, mind, all these things are minor aspects.

You have no great struggle with all those things. If you go about trying to read people, invariably it is a judgment, isn't it?

No human being is constant. Today she may be something that you don't like. Tomorrow morning she may be in a wonderful mood.

But if you think you have read and made an impression of that person in the past, then you will miss that person the way she is right now, isn't it?

Once you get into that, it's a trap. Even if your mind makes judgments about other people, don't attach any importance to it. Because once you start making judgments, invariably, there are only two basic judgments; this is good, this is bad. Everything that you consider as good, naturally you are drawn to it and get attached to it.

Everything that you consider as bad, you get repelled from it, and negative emotions will flow. So there is no need to judge. You just have to judge situations. You don't have to judge people.