

## Article 86: Free Your Feelings from Judgments part 4

*Are you suggesting that we no longer consider or live according to things being good or bad? That's ridiculous! Why, if we did that, there'd be no laws ...and evil would take over the world. Everyone would do exactly what they wanted. Force and power would rule everything ...and life would be intolerable. Surely, you're not serious in suggesting that we abandon good and bad ...or right and wrong for everything? I don't think so. Not for me, anyway. Why, good and bad provide guidelines for living properly. They help us make moral choices. Abandoning judgments is okay for attitudes, emotions, and feelings, ...but certainly not for everyone.*

*What about duty and responsibility ...and spirit, aren't they good? And isn't fear and anger and remorse bad? ...didn't we just decide that? How would we ever know what's right? Tell me that! Aren't you playing God? I've always been taught that right and wrong are beyond limited human perception, which is why these truths are given to us through sacred writings. Adam and eve shouldn't have eaten the fruit ...because God determines good and evil for us. That's what commandments are for. Do you or Forever Living really mean to eliminate right and wrong? If so, I'm not so sure I can agree with you, ...or follow Forever Living.*

*Oh, I know, truly, determining right and wrong is difficult...and it's hard to know what God wants, but if we eliminate that--and the garden in Eden story certainly seems to suggest that we should--how could we possibly make moral decisions and live righteously? There's no reliable alternative. And isn't abandoning right and wrong the same as forsaking God? Oh, good heavens, I couldn't do that!*

It doesn't forsake God in any way; and there is an alternative. If we eliminate **good, right** and **bad, wrong** from the categories we've discussed, what's left?

*Why, ...**forever** and **not forever** are left. I don't see your point.*

Every time we asked you to judge an action, attitude, feeling, or emotion, you had trouble deciding whether things like remorse, anger, contentment, and duty were either **good, right** or **bad, wrong**; yet every time we asked whether, for instance, you would be willing to give and receive anger forever, you immediately resolved your indecision, said no, and placed anger into the category of **bad, wrong**.

*So you're saying that by judging things as either **good, right** or **bad, wrong**--like good and evil--I looked at them outside of myself, got confused, and couldn't make a decision. Things got too complicated when I made choices relative to each situation or other people. I even tried to justify my answers, ...didn't I? But when I judged only in accordance with myself, I used **forever** and **not forever**, and the decision was simple. That's interesting, ...but isn't it selfish?*

If we say that this is selfness, not selfishness, you'd then argue that we're just changing the word, but that the underlying action is still the same, ...wouldn't you? Well, maybe it is, and maybe it's not. But one thing is very certain, every time you chose according to what you would be, do, or have

**forever**, you also chose the aspects we'd all agree are good and right ...without ever judging. The disagreement came only when these things were discussed or decided in terms of some external right and good; but your decisions were simple, true, and reliable when you selected **forever** as your guide. And in that selection, good and right were always assured, never judged.

*Alright, I'll agree with that in terms of your little test, but that's not life, ...life's just not that simple.*

But maybe it is just that simple. Maybe we create disorder and judgments, entangle ourselves, and become trapped in our own deceiving language structure. We create our own problems in life with our language ...which creates and forces false beliefs and judgments upon us. Remember when you agreed that like attracts like?

*Sure. Like attracts.*

Then, if you always thought and spoke or did right, what would you attract?

*Well, I guess, I'd attract right and good; ...but how could I **always** do right and good with or without judging? How could I even know right and good in every situation? Only God can know that! He's the only one who is all-knowing!*

You'd know and be able to act appropriately by never eating the fruits of right and wrong or good and evil. You'd think, feel, speak, and act only in accordance with whether you'd be willing to do a thing forever ...and ever. And if you would, then that thought, feeling, word, or action, for you, is good and right. And if you wouldn't be willing to do it forever, then, for you, it's bad and wrong.

*Ohh, that's too simplistic. Besides, you always limit your comments by saying that **for me** it would be good and right or bad and wrong. And that may be true, but I also have to consider other people and situations, I can't just do what I want in life and expect that to be **right** for everyone or everything, ...can I?*

But if you always do good and right, you'll always attract the same to you.

*So, if I have good intentions...*

We're not speaking of intentions. All the good and right intentions in the world will not create desirable results if your actions are inappropriate. Pay close attention to your actions--the processes of your life--and though you may not even fully understand the situation, rest assured that good and right actions create exactly what is appropriate for you, for the situation, and for the others involved.

*Assured? You mean I can have **faith** that it's right, ...don't you?*

No, we mean assured. This is beyond hope or faith. It's absolute assurance. If you do right, you attract right.

*Now, wait a minute! I've often done things that were right, but in fact, everything turned out wrong. How about that?*

If things were wrong, then, whether you realize it or not, what you did was, in some way, faulty, ...which only reveals that what happened clearly and correctly revealed your choices and actions. Your choices in life are not what you say you want, your choices are made with every belief, thought, attitude, emotion, word, and action. If you really want different results, you should be aware of what you are **really** choosing, ...for undesirable results or things in your life indicate you have been making undesirable choices, which usually come from the belief that by doing things you do **not** desire, you can cause what you do desire.

*How about an example of that!*

Well, if you believe that by sacrificing yourself for another you will be rewarded with happiness, you will in fact be sadly disappointed, ...for, as you are living the unhappiness of sacrifice, you will only receive unhappiness.

*Sooo, ...if I want love, ...I have to give love, ...right? ...otherwise I'll actually be manipulating another to love me, ...and I'll actually feel manipulated. Sure! ...I remember that from high school ...and my first marriage. I thought I had chosen wisely and done everything "right" ...but I was rejected; ...when actually I got manipulated and controlled because I was controlling and manipulating. Just as likes attract, improper actions attract improper results.*

Had you acted as you truly desired, matters would have turned out differently, ...they'd have been appropriate and desirable. And that's true of everything in your life.

*But how can I **always** know what is proper ...and what I really desire?*

By testing every choice and decision by asking whether you would act in those ways or live with your choices forever ...and ever.

*That's an awful lot to swallow. Besides, I'm not sure I could make every decision in my life based on whether I'd be willing to do something forever and ever. That sounds a little funny to me; ...or, maybe, just a little too self-righteous. You said we only live how we feel about things ...and that feelings are based on judgments, ...so judgments are absolutely necessary.*

True, ...we did say you are living in those ways, but we **never** said that you had to live feelings based on judgments, ...did we?

*I suppose not. I could live the feelings I'm willing to have forever, couldn't I? ...which, as we discussed before, would give me love and joy, courage, vigor and passion, understanding, respect, contentment, spiritual, compassion, and duty, ...wouldn't it? Hummm. And this would guide me away from remorse, guilt, anger, self-pity, fear, worry, anxiety, and frustration ...all of which result from judgments. Not bad!*

And what understanding does this reveal?

*It obviously reveals my emotional and judgmental conflicts, ...because, while I want certain feelings and emotions ...my judgments are creating undesirable actions and feelings, ...aren't they?*

True, ...what else?

*I guess it shows that, instead of judging ...trying to determine the “right” attitudes, emotions, and feelings ...and actions to cause what I want, I can know what is “right and desirable” by living and offering what I’m willing to have forever, ...which means that I cause what I want by creating myself to be that.*

**Fine! Anything else?**

*Well, it seems that, since I actually live how I **feel** about events and doings, not the actions themselves, then I can know the “right and loving” thing to do in every situation, by only doing those things I’m willing to do forever; ...and in that I am the action and have the thing I truly desire ...and the feeling as well, ...including my high school love.*

**All without.....?**

*Without judging! Cool! Judgments never have to enter the picture, ...do they? Boy, ...that’s really odd, ...isn’t it?*

**Not really! We’ve been warned of the destructiveness of judgments for centuries, ...but we’ve continued judging ...and in that destroyed the self and life we dream of ...and most of the feelings we truly desire.**

*What a terrible price to pay for judging, ...but we continue judging and struggling and suffering ...just as God warned in the Bible.*