

JUDGMENT

You keep making judgments or decisions about what you see, like 'this is good, that's not good', 'I like this, I don't like that', 'he's like this, he's not like that', 'I'm like this, my body is like this, my mind is like this, he's like that and won't change'. Judging like this, you're binding yourself and others. Then, you become like a robot or an object. As a result, newness cannot enter your life. Also, you miss the opportunity to transform completely and gain freedom from past karma.

When you judge someone as a bad person and dislike them, the karma of that judgment attaches to you, and the things you disliked start happening in your life. Those qualities trouble you. It's not a mistake to do so. You judged them because you thought they were wrong. But you didn't understand that they were doing it right, experiencing each quality, and doing it according to their inner world. They are slaves to their inner world, fate and cannot transcend it. You judged them because you couldn't understand this. But if you continue to judge like this, you will suffer. Because the bad qualities you hate are also within you.

Many people think that judging is wrong. But what needs to be understood here is that you have to make some judgment in every matter. Saying 'it's good' is a judgment, saying 'it's bad' is also a judgment. Whatever you say becomes a judgment, so you can't avoid making judgments. However, when you make a judgment, either good karma or bad karma attaches to you. So, what should you do to make judgments without accumulating karma?

The solution to this is to postponing your judgment. Currently, I don't like this quality, but I won't judge it now. I won't label it as bad and hold a fixed opinion. I'll postpone my judgment until I understand this quality more deeply. By doing so, you'll remain with an open mind and an open heart. Only then will you gain a deeper understanding of it. If you continue to judge with a closed mind, you'll bind yourself, and you'll remain in the same state.

By postponing judgment, resolve to understand that this quality is also a part of divinity and think about it. Recognize the good it brings to you and the universe. Because everything in the universe is interconnected, and each has its place, we cannot reject anything. God has accepted it and given it a place, who are we to deny it? We should try to understand its place in the cosmic plan.

Identify the helping nature and troubling nature in every character. Only then will you develop an equal attitude towards everything. But, accept all your qualities as they are, consider them as divine blessings, experience them as divine, and realize that both good and bad are divine creations. Continue judging, but focus on them, experience them, and try to understand them. If you do so, you will surely succeed in understanding that all qualities are divine.

Only when you can criticize and praise every quality, hate and love, see things neutrally and divinely, can you understand everything completely. If you can't do this, you will remain incomplete. If you can't criticize or praise something, identify it and postpone judgment.

When you reach this complete state, you will see everything as divine without judgment. Then, the problem will disappear without leaving a trace. Do this with everything. Only then will you be filled with love, compassion, and divinity.

Another thing is that we judge others as good or bad, and also judge what's right and wrong. We think the one who made the mistake should change. But this way, the one who's right becomes proud and stays the same. By nourishing this duality of right and wrong, you're getting stuck in likes and dislikes. Your biased judgments are creating differences within you. If you continue this, the divine quality of equal vision will never arise within you.

Therefore, to follow the New Energy concept, you must reach a state where you judge that both are wrong or both are correct. When you say both are wrong, both must change. Similarly, when you say both are correct, both must grow, because knowledge is infinite and energy is constantly flowing and growing.

Many people are asking me, 'I'm unable to do the practice, I'm forgetting the practice, I want to do it but the zeal is not arising from within, what should I do?' My advice for this is to punish yourself. You need to be your own guru and disciple. As a guru, tell your inner disciple to practice and order them to do it. If not, warn them that you will punish them.

Then, become a disciple and try to practice. If you feel like you're not doing it right or if you forget to practice, give yourself small punishments - like fasting, doing push-ups, meditating for a longer time, not watching your favorite serial, watching something you

don't like, etc. If you experience the pain that comes from self-punishment and are aware of it, there's a chance that your zeal will increase. I'm advising you to do whatever you think will help increase your zeal.

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