

# HOW TO BE FREE AROUND OTHERS JUDGMENT OR PERCEPTIONS OF US

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While it is easy to be happy with the positive “projections” people have on us, it can be very hard to accept and digest negative projections people have on us, such as judgment, condemnation, anger, hatred, blame, distrust, fear, etc. If such negative projections make us feel upset or uncomfortable, it indicates we have emotional buttons or wounds which hurt too much to accept how people see us. Each person looks at us through the colored glasses of their past, and no matter how we appear to them, the following process will help us feel free in the midst of any negative protections coming our way. Imagine being joyful and free in the face of a person who sees us as fat or ugly, a boss who sees us as incompetent, a bully who sees us as weak or inferior, a spouse or a parent who sees us as disappointing, etc. The following process helps us accept full responsibility for how we feel in the face of other’s projections and heal all the buttons they are pushing inside of us, bringing us to joy and happiness without needing to change anyone in our lives.

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*(It is recommended that you do this process out loud, where no one will hear you)*

**Step 1:** Ask: “On a 0-10 scale, If 0 = the totally positive, beautiful, and loving projections a puppy feels coming at him from his favorite human being (pause and see him below), with finger tips on each other’s temples, how negative do the projections feel coming at me from \_\_\_\_\_, at his or her worst?”

*Then rate how on a 0-10 scale how much negative feelings, condemnation, judgment, and criticism your subject projects on you and holds in their mind about you, opening up and expanding your sensitivity to allow a full awareness of all they see in you that is upsetting. Let this number = “X”.*

**Step 2:** Repeat over and over what you are feeling using this sentence ...

“At his/her worst, I’m feeling a X negative projections on me...At his/her worst I’m feeling a X negative projections on me...At his/her worst I’m feeling a X negative projections on me...”

*With fingers on each other’s temples, stay connected with the projections of how your subject sees you; e.g., the extent of the blame, fear, anger, judgment, etc., they have toward you. Repeat the above sentences until either at least a minute to a minute and a half passes, or until negative projections you feel subside.*

**Return to Step 1:** Continue with these steps until you feel no more negative feelings being projected on you, and you return to feeling only total joy in front of your subject.

*... It may be helpful to remember the adage ...*

“Other’s projections on me which I am willing to feel will heal ...”

”Other’s projections on me, which I try to avoid, just keep me annoyed.”

## **A Spiritual Solution**

When we finally breakthrough to feeling total joy, we will notice that we did nothing to change the person in front of us whose projections previously made us feel so uncomfortable. Instead something changed inside us, so that their projections no longer pressed upon any unhealed buttons. Facing those who project negative feelings on us brings about true freedom and healing of our past wounds. Most people are seeking a worldly solution to their problems: they try acquiring more things, or they try to run away from (or avoid) whoever pushes their buttons and causes them some degree of pain or upset. This process offers, instead, a “spiritual” solution to our difficulties in relationships. By releasing our inner emotional pain, our outer world completely changes, and we can experience joy even in the face of those who judge us.

### **So How Can We Stay Joyful?**

We know life is likely to present us with challenges every day, so how can we stay joyful in the midst of negative projections people have toward us from their wounded pasts?

We take showers or baths every day to keep our bodies clean – even though we will surely get dirty again. We brush our teeth every day – even though they will probably be in need of a brushing after our next meal. Some of us do physical exercise regularly, despite so many forces – including ageing and even gravity itself -- which are constantly acting against us.

But what do we do for our mental peace? Regularly doing something to “clean” or clear the mind is important, in the face of so many forces in our day to day lives acting to disturb it.

This is something we have forgotten, because no one has to teach children how to regularly “clean” their minds in the face of whatever is disturbing them. They innately know how to release their daily stress by crying, throwing a tantrum, or expressing their upset feelings – after which, they quickly return to being light-hearted, free, and joyful again.

We can definitely feel that way again as adults, finding our way back to regaining our youthful light-heartedness and joy if we take a few minutes time daily to do clearing practices.

