

# Gabrielle Bernstein's *Judgment Detox*

## A Six-Step Process Outline

1. We Judge Without Judgment. First, we have to notice that we are judging someone or something. Is a harmless judgment of preference, or one where we are disparaging someone else? We engage ourselves in a willingness to work through negative judgment.
2. We Honor Our Wounds. Judgment comes from our own past woundedness. We judge others based on what has wounded us previously. We use our intuition to see what past wounds are active in the current judgment. What "button" was pressed for us to react in judgment?
3. We Put Love On The Altar. We begin our personal healing process through prayers of acceptance, surrender and making new choices. We confront our past wounds in order to heal them.
4. We See For The First Time. We make a commitment to view the object of our judgment with fresh eyes. We're willing to let go of the old, negative connection and see things from a wider perspective.
5. We Cut The Cords. We use meditation to sever our energetic cords of judgment binding us together in an unhealthy relationship. We contemplate our freedom. We meditate on release. We guide ourselves through further healing.
6. We Bring Our Shadows To Light. We forgive our transgressors and we forgive ourselves for being bound-up in the negative flow of energy. We use forgiveness to put the past aside, release bondage and claim a fresh start.