



40. RELEASE JUDGEMENT

When you judge yourself,
or anyone else for that matter,
it is not possible to be on the same frequency
that God/Source/Higher-self is on.

Judgement drains your energy
as well as the energy of the person
you are judging, and it leads to
no positive outcome for anyone involved.

It is also a waste of time, and it can
cause much unnecessary heartache.

Please be kinder to yourself and others
and refrain from making
unnecessary comparisons.

At the end of the day, we are all just
doing the best we can.

So, what would you rather put
your energy into right now?



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