



# Ending Judgment

Reprogramming the 8 Unconscious  
Looping Neuro-Pathways That Keep  
You Programmed to Automatically  
Respond in Judgment



CREATED BY

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# Week 1

Negative judgments create negative experiences, not the other way around. (*Your past negative experiences are not what is creating your negative judgments*)

## Key Points Week 1:

- *What is judgment? Judgment is simply a distorted perspective or lens that you see and experience life through*
- *Judgment is neither real nor true.*
- *Judgment is set on automatic and will repeat endlessly until you choose to reprogram your consciousness as the creator of your experience.*
- *Judgment is a lie that will bother you until you realize the truth: that judgment is never real or true. When you realize that it is a lie, it disappears.*
- *You are the creator of your life experience. There's only one person powerful enough to stop you, and that's you. There's only one person powerful enough to set you free, and that's also you.*
- *Why do you judge? You judge because you think it's working for you. The truth is that judgment has no benefit.*

## Week 1 Realization Statement:

*"In the name of Source and all that is light, by the law of divine grace, I, (state your full name), now commit to stop any negative, wrong, or bad judgments. I now accept that judgment is not real, not true, and not the way it is. I now fully realize that judgments come up automatically and are not my choice. I now realize that I am simply creating wrong, bad, or negative experiences for myself and I am no longer interested in choosing that. I now realize that judgment has no benefit, and if I judge negatively, I am simply creating a negative experience. I now choose to the space of non-judgment for myself, my body, my business, my relationships, my financial abundance, and every part of my life. And so it is. And so it is. And so it is."*

## Week 1 Conscious Reprogramming Exercise:

This week, see and experience your life from the conscious perspective that negative judgments create negative experiences.

**Step # 1:** Notice when your energy starts feeling bad, wrong, or contractive.

**Step # 2:** Ask, *"What negative judgment do I have here that's creating this negative experience?"* Spot your negative judgment.

**Step # 3:** Then, ask, *"Did I consciously choose this? Or did this come up automatically?"* The answer will be *"It came up automatically!"* Then ask, *"What do I choose based on Source's infinite menu?"*

**Step # 4:** Make a conscious choice based on Source's infinite menu

# Week 2

Exposing the truth about positive judgments: Why positive judgments don't work to create the life your heart desires

## Key Points Week 2:

- *The unified field of energy or Source is already serving in the highest without any positive judgment needed.*
- *Positive judgments form an inflated reality that creates a momentary positive experience that then begins diminishing your receiving.*
- *What do you believe the benefit is to positive judgments? You believe that if you judge something as positive, right, good, or perfect, that it will stay the same. On the contrary, science shows us that nothing stays the same.*
- *When you judge something as positive, you are keeping it from expanding and growing into something greater, creating a glass ceiling where your receiving begins diminishing.*
- *Positive Judgment is just the other side of the coin of a negative judgment. The truth is, if you didn't have any negative judgments, you wouldn't feel the need to overcompensate with positive judgments.*
- *Positive judgements suppress your healing process and keep negative experiences from coming up, being healed, and returning to love.*
- *Positive judgments will be destroyed because they are illusions.*

## Week 2 Realization Statement:

*"In the name of Source and all that is light, by the law of divine grace, I, (state your full name), now commit to stop any positive, good, right, or perfect judgments. I now accept that even positive judgments are not real, not true, and not the way it is. I now fully realize that judgments come up automatically and are not my choice. I now realize that when I judge that something is positive, I am simply giving more energy to the opposite reality of something being wrong, bad, or negative, and I am no longer interested in choosing that. I now realize that positive judgment has no benefit, and if I judge that something is positive, I am simply creating a glass ceiling that begins to diminish my receiving. I now choose to live in the space of non-judgment for myself, my body, my business, my relationships, my financial abundance, and every part of my life. And so it is. And so it is. And so it is. "*

## Week 2 Conscious Reprogramming Exercise:

This week, see and experience your life from the conscious perspective that positive judgments don't actually work to create the experience of life that your heart truly desires. They simply diminish your receiving and are just the other side of the coin of a negative judgment.

**Step #1:** Notice when you are automatically going to positive, right, good, or perfect judgments.

**Step #2:** Ask, *"Do I really want to diminish my receiving with this positive judgment and also give more energy to there being a negative reality here?"* Spot your negative judgment.

**Step #3:** Then, ask, *"Did I consciously choose this, or did this come up automatically?"* The answer will be *"It came up automatically!"* Then ask, *"What do I choose based on Source's infinite menu?"*

**Step #4:** Make a conscious choice based on Source's infinite menu.

# Week 3

Judgements repeat patterns, experiences, and illusionary realities, giving more energy to what you're judging being a reality. Judgments don't and can't change anything.

## Key Points Week 3:

- *You may believe that judgment gets you out of a pattern or reality when, in actuality, it repeats that pattern, experience, and illusionary reality.*
- *Negative judgments give more energy to the negative being a reality.*
- *Since we know that positive judgments are the other side of the coin of the negative judgments, positive judgments also give more energy to the negative being a reality and begin to diminish your receiving.*
- *Everyone is psychic, but almost no one knows it. When you judge, you are broadcasting that judgment into everyone's heads, and if they are not aware that they are psychic, they will believe they are thinking what you are broadcasting.*
- *All internal judgment creates validating external circumstances that make that judgment seem true.*

## Week 3 Realization Statement:

*"In the name of Source and all that is light, by the law of divine grace, I, (state your full name), now commit to stop any wrong, bad, negative judgments or positive, good, right or perfect judgments. I now accept that all judgments are not real, not true, and not the way it is. I now fully realize that judgments come up automatically and are not my choice. I now realize that when I go to any positive or negative judgment, I am simply giving more energy to what I'm judging being reality when, in fact, it is not. The truth is that when I go to any form of negative judgment, I am asking that a negative pattern, experience, or reality repeat. When I judge something as positive, I am asking that I repeat a pattern, experience, or reality and I will diminish my receiving. I now accept that all judgment has no benefit. I now choose to the space of non-judgment for myself, my body, my business, my relationships, my financial abundance, and every part of my life. And so it is. And so it is. And so it is."*

## Week 3 Conscious Reprogramming Exercise:

This week, see and experience your life from the conscious perspective that all judgements simply repeat patterns, experiences, and illusionary realities that give more energy to your judgments becoming your reality. Judgments don't and can't change anything.

**Step #1:** Notice when you're automatically going to any negative, bad, wrong, or incorrect judgments. Also do this for any positive, right, good, or perfect judgments.

**Step #2:** Ask, *"Do I really want to repeat this pattern, experience or reality judgment here?"*

**Step #3:** Then, ask, *"Did I consciously choose this? Or did this come up automatically?"* The answer will be *"It came up automatically!"* Then ask, *"What do I choose based on Source's infinite menu?"*

**Step #4:** Make a conscious choice based on Source's infinite menu.

# Week 4

Exposing the myth that judgement creates connection and revealing the truth that judgment actually creates separation and eliminates receiving.

## Key Points Week 4:

- *We have been programmed to believe that judgment is how we create connection. In actuality, all judgment doesn't actually create connection; rather, it simply eliminates receiving and creates separation.*
- *When you judge your body, you create separation and eliminate receiving from your body.*
- *When you judge someone, you create separation and eliminate receiving from you and that person.*
- *When you judge yourself, you create separation and eliminate receiving from yourself.*
- *Any judgment you think you are having with anything or anyone is actually a judgment of self.*

## Week 4 Realization Statement:

*"In the name of Source and all that is light, by the law of divine grace, I, (state your full name), now commit to stop all judgments. I now accept that all judgments are not real, not true, and not the way it is. I now fully realize that judgments come up automatically and are not my choice. I now accept that when I go to any positive or negative judgment, I am simply creating separation and eliminating receiving and I no longer choose to do that. I now accept that all judgment does not create connection and has no benefit to me or anyone. From this day forward, I choose to enter the space of non-judgment for myself, my body, my business, my relationships, my financial abundance, and every part of my life. And so it is. And so it is. And so it is."*

## Week 4 Conscious Reprogramming Exercise:

This week, see and experience your life from the conscious perspective that judgment doesn't actually create connection, and that it actually creates separation and eliminates receiving.

**Step #1:** Notice when you automatically go into any negative, bad, wrong, or incorrect judgments. Additionally, notice if you go into any positive, right, good, or perfect judgments.

**Step #2:** Ask, "Do I really want to create separation and eliminate receiving here?"

**Step #3:** Then, ask, "Did I consciously choose this? Or did this come up automatically?" The answer will be "It came up automatically!" Then ask, "What do I choose based on Source's infinite menu?"

**Step #4:** Make a conscious choice based on Source's infinite menu.

# Week 5

Judgment is not awareness. Judgment actually cuts off your awareness, limits your possibilities, and disempowers you from knowing that your choice and contribution changes everything.

## Key Points Week 5:

- *Judgment is not awareness.*
- *Judgment is actually unawareness that cuts off your ability to be aware.*
- *Your judgments are not what is possible. Your judgments limit your possibilities.*
- *Judgment disempowers you from knowing that your choice and contribution changes everything.*
- *You can't trust judgment. You can trust that everything is constantly changing and expanding. You can trust the energy of the moment.*
- *All liking or disliking, preferences, opinions, beliefs, conclusions, and expectations are all a form of judgment that are not awareness. They all cut off your awareness and limit what is possible.*
- *When you are in non-judgment, you can function from a constant state of changing awareness.*
- *When you are in non-judgment, you can be aware of the potential futures.*

- *When you are in non-judgment, you can hold a space of infinite possibilities that allows something to show up that is greater than anything you can currently imagine.*
- *How do you know whether you are in judgment or awareness? Awareness changes, expands, and shifts easily, whereas judgment makes you fight hard to hold onto it.*

## **Week 5 Realization Statement:**

*"In the name of Source and all that is light, by the law of divine grace, I, (state your full name), now commit to stop all judgments. I now accept that all judgments are not real, not true, and not the way it is. I now fully realize that judgments come up automatically and are not my choice. I now accept that judgments are not awareness, that when I go to any positive or negative judgment, I am actually cutting off my awareness, limiting my possibilities, and disempowering me from realizing how my choice and contribution change everything. I no longer choose to do that. I now accept that all judgment has no benefit to me or anyone. From this day forward, I choose to be the space of non-judgment for myself, my body, my business, my relationships, my financial abundance, and every part of my life. And so it is. And so it is. And so it is."*

## Week 5 Conscious Reprogramming Exercise:

This week, see and experience your life from the conscious perspective that judgment cuts off your awareness and limits your possibilities.

**Step #1:** Notice when you automatically go to any negative, bad, wrong, or incorrect judgments. Also, notice when you automatically go into any positive, right, good, or perfect judgments.

**Step #2:** Ask, *“Do I really want to cut off my awareness, limit my possibilities, or disempower me from realizing my choice and contribution can change everything here?”*

**Step #3:** Then ask, *“Did I consciously choose this, or did this come up automatically?”* The answer will be *“It came up automatically!”* Then ask, *“What do I choose based on Source’s infinite menu?”*

**Step #4:** Make a conscious choice based on Source’s infinite menu.

# Week 6

Judgment takes away my choice and creates resistance to anything that doesn't match that judgment.

## Key Points Week 6:

- *Judgment is made of resistance and creates resistance.*
- *When you live in judgment, you are unaware of and resistant to anything outside of that judgment.*
- *All judgment, and what you believe is reality, are all forms of "right" judgment.*
- *All judgment is agreement that then creates the experience of disagreement.*
- *When something greater, more expansive, or better shows up, you will resist it.*
- *Judgment limits your choice.*
- *Judgments creates positive or negative, expansive or contractive, good or bad feelings.*
- *If you choose based on those judgments or those feelings, you are choosing from limitation.*
- *How do you get around that? Choose based on Source's infinite menu.*

## Week 6 Realization Statement:

*"In the name of Source and all that is light, by the law of divine grace, I, (state your full name), now commit to stop all judgments. I now accept that all judgments are not real, not true, and not the way it is. I now fully realize that judgments come up automatically and are not my choice. I now accept that judgments are made of resistance, take away my choice, and automatically put me into resistance of anything that doesn't match that judgment, and I no longer choose to do that. I now accept that all judgment has no benefit to me or anyone. From this day forward, I choose to be the space of non-judgment for myself, my body, my business, my relationships, my financial abundance, and every part of my life. And so it is. And so it is. And so it is."*

## Week 6 Conscious Reprogramming Exercise:

This week, see and experience your life from the conscious perspective that judgment is made of resistance, limits my choice, and creates resistance to anything that doesn't match that judgment.

**Step #1:** Notice when you automatically go into any negative, bad, wrong, or incorrect judgments. Also, notice any positive, right, good, or perfect judgments.

**Step #2:** Ask, *"Do I really want to limit my choice and resist anything that doesn't match this judgment here?"*

**Step #3:** Then, ask, *"Did I consciously choose this? Or did this come up automatically?"* The answer will be *"It came up automatically!"* Then ask, *"What do I choose based on Source's infinite menu?"*

**Step #4:** Make a conscious choice based on Source's infinite menu.

# Week 7

## Key Points Week 7:

- *All judgment is self-judgment.*
- *When someone accuses you of anything, it is because they themselves are doing it.*
- *When someone judges that you are not attractive, they are saying they have the judgment that they are not attractive.*
- *When someone judges that you aren't good enough, they have the judgment that they aren't good enough.*
- *When someone judges that they don't like you, they are saying that they don't like themselves.*
- *If you are judging someone else, it is your own self judgment that is automatically being projected from you.*
- *If someone is in judgment of you, it is simply their self judgment that is automatically being projected onto you.*
- *People's judgments of you are not personal to you.*
- *People's judgments of you are not malicious.*
- *People automatically use judgment to control you into what they believe is reality.*
- *When you do not resist, react to, defend, or align with their judgments, their judgments of themselves will begin to be invalidated and return to love.*

- *The only way to not have people judge you is to have you not judge you.*
- *Realize that people judge themselves 100x worse than they judge you. Have compassion.*
- *People judge to create separation; therefore, anytime you are being outside of what they believe is real or possible, they will go into judgment simply because that is their reality.*
- *People judging you is actually a compliment.*
- *What do people judge me for?*
  - Being too joyful*
  - Being too sexual*
  - Being too much energy*
  - Being too out there*
- *These are all compliments.*
- *Which means also if you're in judgment of someone, you're actually in judgment of yourself and trying to create separation between you and what they are being.*

## Week 7 Realization Statement:

*"In the name of Source and all that is light, by the law of divine grace, I, (state your full name), now commit to stop all judgments. I now accept that all judgments are not real, not true, and not the way it is. I now fully realize that judgments come up for me and everyone automatically and are not my choice. I now accept that everyone else's judgments of me were simply their judgment of themselves. They weren't personal, and they weren't malicious; they were simply their judgments of themselves that were automatically being projected onto me. Therefore, I forgive everyone for every judgment they have had of me. I now accept that when I am in judgment of another, I am actually in judgment of myself, and I no longer choose to do that. I now accept that all judgment has no benefit to me or anyone. From this day forward, I choose to be the space of non-judgment for myself, my body, my business, my relationships, my financial abundance, and every part of my life. And so it is. And so it is. And so it is."*

## Week 7 Conscious Reprogramming Exercise:

This week, see and experience your life from the conscious perspective that all judgment is self-judgment. No one's judgment of me has ever had anything to do with me.

**Step #1:** Notice when you automatically go into any negative, bad, wrong, or incorrect judgments. Also notice any positive, right, good, or perfect judgments about anyone else.

**Step #2:** Ask, "Do I really want to judge myself and create separation from myself here?"

**Step #3:** Then, ask, "Did I consciously choose this? Or did this come up automatically?" The answer will be "It came up automatically!" Then ask, "What do I choose based on Source's infinite menu?"

**Step #4:** Make a conscious choice based on Source's infinite menu.

# Week 8

You are not judgment. Judgment is not yours. You have never chosen judgment from Source's infinite menu; it is simply something you're aware of. That judgment has never been yours.

## Key Points Week 8:

- *What if you are completely aware of the world around you?*
- *Your body is a radio antenna that is receiving, broadcasting, and sending information.*
- *If you identify with judgment, you will be connected to the unconscious automatic collective of judgment of this reality.*
- *When you say, "I am \_\_\_\_\_," you are asking to tune yourself to pick up on and broadcast that frequency. When someone thinks that thought around you, you will automatically think that thought is yours.*
- *If you say "I'm fat," it automatically connects you with all the people that are having similar judgments from the world around you.*
- *People wear their judgments like neon signs. You pick up on and read those neon signs, and then judge that these are your judgments. Then, you judge yourself for being judgmental.*
- *Did you have judgment before you came onto this plane? No. Judgment was here before you got here. Therefore, judgment is not you, has never been you, and is simply your awareness of the unconscious automatic program of judgment.*
- *You have never chosen judgment based on Source's Infinite Menu.*

## Week 8 Realization Statement:

*"In the name of Source and all that is light, by the law of divine grace, I, (state your full name), now commit to knowing I am not judgment. I now accept that all judgments have simply been in my awareness. Judgment has never been anything I have ever chosen; it has been my awareness of the collective broadcast of judgments that was here before I came. I now release myself from all of the collective judgment that I have ever believed was me. And so it is. And so it is. And so it is."*

## Week 8 Conscious Reprogramming Exercise:

This week, see and experience your life from the conscious perspective that you are not judgment. That judgment has never been yours. You have never chosen judgment from Source's infinite menu; it is simply something you're aware of.

**Step #1:** Notice when you automatically go to any negative, bad, wrong, or incorrect judgments. Also notice any positive, right, good, or perfect judgments.

**Step #2:** Ask, *"Do I really want to identify myself with judgment here?"*

**Step #3:** Then, ask, *"Did I consciously choose this? Or did this come up automatically?"* The answer will be *"It came up automatically!"* Then ask, *"What do I choose based on Source's infinite menu?"*

**Step #4:** Make a conscious choice based on Source's infinite menu.