“**Judge not, that ye be not judged” “for whatsoever a man soweth, that shall he also reap”.** A message left for those who are tired of bumping their heads down here from day to day.

We must make decisions every day of our lives from the moment we are blessed, to open our eyes, until the moment, at the end of the night, when we close our eyes.

We must choose what to wear, where we are going, what time to leave and much more.

The habit of choice and decision making was given to us while we were just small children, although our parents really made the final decision.

My point is that we are accustomed to looking at an issue and determining its outcome.

The question would be, “Can we control our opinions and our judgments of others, who affect our daily life?”

Consistently making derogatory judgments about another person and voicing our opinions can become detrimental to our mind, body and spirit. Continually verbalizing another’s weak area in life keeps their bad habits in our hearts and gradually deteriorates our positive nature.

If we consistently speak negatively about our fellow man, we bring that same dark energy in to our lives.

There is a difference between positive evaluations that can be corrected with encouragement and negative criticism that can bring grief and harm to another’s character.

There are many words in our language, which identify negative criticism that is meant to harm others. Gossip is a modern word that we use to recognize this type of behavior. It has become common among us. However, our words can severely wound a person’s character if we are not careful. As many friends, we discuss other’s bad behavior with, is as many as, can cause harm to them and to us.

There are many ways to assess a situation or a person to determine if they are compatible with the principles that we choose to live by. After the matter is settled then further derogatory comments become unnecessary. We move forward and leave the disparaging remarks behind.

This is not an easy task, especially if our tongues have done this with ease throughout our years. But we must be cautious in judgment of others.

Just as we look at another person and decide to make a judgment of them; there may also be another person, who has decided to make a judgment on us.

It would be better to be compassionate to a situation, and walk away, so that we too can receive compassion when we need it.

We are told by folks, who have lived their lives and left messages to help us on this journey, and they have witnessed that we should “love our neighbor as ourselves”.

This reference can prevent us from experiencing a lot of troubles in our future. This reference can help to bring peace and joy into our lives as we move forward.

An easy journey is a fruitful journey. Some folks like to go through troubles, but if there is a message from an earlier time, which can bring ease to this journey, then why not learn from it and walk in peace? Our choice☺