

CONSCIOUS WOMEN'S EMPOWERMENT CLASSES

6 WEEK ZOOM CLASS SERIES
CLASS RECORDING 4 OF 6



BEING JUDGED BY SELF OR OTHERS:
THE FEAR OF / THAT:





being condemned by others

self-condemnation

being at fault or to blame in other's eyes
or in my own eyes for wrong doing
being found guilty by other's or by
myself

I have made all of the bad problems in
my life happen therefore ally my
problems are all my fault



if I feel hatred for other people that it means I am a bad person

publically admitting I am not perfect

publically admitting I have failed or am a failure

publically admitting I have broken the rules

publically admitting I have made a mistake

admitting to myself that I have made a
mistake

admitting to myself that I have failed

not living by a set of rules that others live
by

not living by a set of rules set down by
society, a social group, family, or
religious group

not doing something important with my
life





- **I have allowed others to ruin my life and it is my fault**
- **I have allow others to run or control my life and it is my fault**
- **if I am in pain or being punished that I must deserve it**
- **my situation can only get worse and that it is my fault**
- **admitting feelings of guilt, shame or wrongdoing**





- **my self-judgments and tendency to emotionally punish myself**
- **my self-judgments and my hatred of myself**
- **forgiving myself for hating myself**
- **forgiving myself for punishing myself**
- **hating myself because I will never be good enough**





- **forgiving others for the harm have done to me or hurt they have caused me in the past**
- **not being attractive enough to be acceptable to others or to be loved**
- **I can only achieve and motivate myself by stressing myself, judging myself and forcing myself to do what I feel**
- **I must rather than through loving myself and my work or through joyful**

METAPHYSICAL MEANING OF JUDGMENT (RW)JUDGMENT

Mental act of evaluation through comparison or contrast. Spiritual discernment; the inner voice through whose expression we come into a larger realization of ourselves.



Through prayers, meditations, podcasts, and online/live events, Ragan invites you to join her on a transformational journey home to authenticity, truth, awakening, and alignment of the divine masculine and feminine both inside and out.

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