

Worksheet for the Thinking Mind and the Judge

Thinking Mind and the Judge Summary

These two voices are very easy to become, because whether we realize it or not, we are usually in blind submission to them all the time.

I chose David for this video because he was born very smart (genius IQ). With mental intelligent being an innate gift, in the past he's built a shrine to the Thinking Mind as being the most important employee in his corporation. I was curious then, after all these years working together, to see what might have changed.

What has changed is the Thinking Mind no longer has the same hold on him it once had. Which illustrates one of the perks of this dialog: this game wakes us up to our stuck places, and offers us a chance to dislodge from those stuck places. Next thing we're free and off on a journey to access more forms of intelligence than the limited few we usually nurture.

As for the voice of the Judge, it's always interesting to own this voice, not only to see how prevalent it is in our external view of the world and other people, but also how it causes a ruckus in our internal world. Despite the spiritual community's attempts to help people become less judgmental, turns out it's not something to be 'gotten rid of' (as if we could), but more something to become aware of. Most of all we must simply acknowledge and appreciate it for the huge role it plays in our lives.

Questions for the Thinking Mind

Allow me please, to speak to the voice of the Thinking Mind.

Shift and become in an instant --without trying to understand what this means, the Thinking Mind.

Whom am I speaking to?

What is your job in this corporation called _____(the Self's name)?

Are you _____(the Self's name) and is He/She you?

Prior to this moment, though, did you think you were the Self and the Self was you?

If not the Self, then what exactly are you?

How big of a role do you play in the Self's life?

Do you ever take a break, and if yes when, how and why?

How big of a role do you play in humanities life- in all humans, past present and future? (note: even a drop of water still represents the whole spring. You may be the Self's Thinking Mind, but you can speak on behalf of the whole.)

Why is that, and who put you in this role anyway? Give me details.

What have you offered humanity?

What have you offered the Self?

And yet, on the other hand, how also do you hold humanity and the self back, or cause problems for them? (Give me at least 3 ways).

In this corporation called _____(the Self's name), how do you operate or make yourself known- what's your style?

Why do you operate in that particular way?

How does the Self feel about you and the job you're doing?

Does the Controller try to control you?

Do people in the Self's life try to influence or control you?

How does all this influence or change the way you operate?

How would you like to be perceived, and treated, such that you can do your best work?

Let focus now on the employee in this corporation called Fear. When Fear shows up, your job being to think, what do you then get to thinking about?

What do you think about Fear in general?

Why do you think that way about fear- has anyone or anything influenced you?

Fear is listening. How do you think Fear is feeling about all this?

Does your reaction to Fear seem to help or hurt the corporation?

Are you open to allowing other forms of intelligence besides you, such as emotional (the wisdom of the emotions), physical (the wisdom of the body), or spiritual intelligence (the wisdom of the universe), to be developed or thrive? (Know these forms are only accessible to the Self if you get out of their way.)

Why or Why not?

Is there anything else you'd like to say?

Questions for the Judge

Allow me please, to speak to the voice of the Judge.

Shift and become in an instant --without trying to understand what this means-- the Judge.

(Hint: notice many of the questions here mirror the questions asked to the Thinking Mind, or other voice for that matter. This brings up an opportunity: can you shift and become any voice you want- and modify these and other questions to play the game on your own?)

Whom am I speaking to?

What is your job in this corporation called _____(the Self's name)?

Are you _____ and is He/She you?

Tell me about some of the things in this world, that you judge?

Is there anything you do not judge?

What people, places or things do you judge as being good (maybe make a list)?

What people, places or things do you judge as being bad?

What people, places or things do you judge as being both good and bad?

How do you communicate your judgments to the world?

How do you communicate your judgements to the Self?

How do your judgments impact the Self's actions and personality?

Where do your judgements come from?

How consistent have they been over the years?

What kind of circumstances cause you to become very active?

How big of a role do you play in the Self's life?

Is the Self judgmental too, or is it only you who is judgmental? (hint, I'm not looking for a specific answer here or with any question, just your ongoing curiosity).

How big of a role do you play in humanities life- in all humans?

How does humanity act because of you?

How does the Self feel about you and the role you play in His/Her life?

Does the Controller try to control or hide you?

How capable is the Controller of stopping you from doing your job?

What is your judgement of the Controller?

What is your judgement of the Thinking Mind?

What is your judgment of yourself, the Judge?

What is your judgement of Fear?

How does your judgement impact the way the Self or the employees in this corporation treat Fear?

How does your judgment of Fear help the Self live a better life?

How does your judgement of Fear hold the Self back?

Are you a welcomed, honored part of the Self's life, or are you unwelcomed?

If you're unwelcomed (what I'll refer to soon as being in the basement), how do you still manage to communicate your message from the dark basement?

Convince us of your merits. In what ways have you helped the Self thrive?

What are your problem areas; how have you also caused trouble for Him/Her?

Your job is to Judge, so you're never going to not judge. But now that you're more conscious of yourself, and the Self is more conscious of you as well, how might you adjust your role in His/Her life to help the Self better succeed?

What advice do you have to give the Self, to help support your being a positive force in His/Her life?

Is there anything else you'd like to say?