

**Weekly Meditation July 14, 2010**  
**By Rev. Teri Lubbers**

**Blocking Receptivity**

***I learned that the things I judge are those I couldn't allow myself to have or experience. This is a defense mechanism that comes from fear. When I block myself from experiencing things, it is the direct opposite of embracing them. Judgment becomes an act of pushing away and blocking receptivity.***

**~David Elliott, "The Reluctant Healer"**

I never made this connection before. Judgment blocks receptivity and is a defense mechanism, the opposite of embracing. I am still ruminating about it because one of my learning edges has always been around being critical and judgmental. Even if I don't say things out loud, the committee inside my head rarely has a quiet day. I never thought of that as fear of experiencing life. I am still thinking on it...

Jesus said, "Judge not that you be not judged, for the measure you give will be the measure you get." That kind of takes your breath away if you really ponder what he is saying. And the quote above carries it a bit further. Not only does what I put out there come back to me, if what I put out there is judgment then it also blocks, hinders, and becomes an obstacle to being receptive to Spirit.

Do I want my life to have joy, happiness, serenity, fulfillment, adventure? Then those are the things I want to be sending forth from my being to others, into the everyday world around me. I sometimes come up with visual images for spiritual things to help me embody them. Lately I have been imagining my heart as a big open window for light and wind (of Spirit) to move through to touch the world around me. When I can hold that image I experience a sense of opening and connection, a sense of embracing God, others, myself.

**Prayer: Spirit, I don't want there to be obstacles between us. Help me release judgmental thoughts and behaviors, and remind me there is nothing to be afraid of. Help me grow in awareness of you today. Amen.**