as we do Life™

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The Curse of Judging

When someone's words or actions irritate you ...

A story about Marcus -

Marcus was born into a wealthy aristocratic family. His father and grandfather both held political offices. By age 7, Marcus was fluent in 2 languages. At age 12, he was studying advanced math, social studies, and had already developed a keen interest in philosophy. His father died when Marcus was young, so his grandfather became his father figure.

Early on, it became apparent that Marcus was different. The privileges of wealth were not important to him, except that he was able to receive all the education he desired. He became especially interested in the mind (brain) and how it affects the way a person lives their lives. He became interested in how the more common person lived, to such an extent that he took up their lifestyle. He found that conversations with the average person allowed him to see a different perspective concerning how people lived and thought.

But while Marcus was doing what he felt important, the power of his people had different plans for Marcus. They knew he was special and that he could advance their political ambitions. Thus Marcus was groomed to lead his country. And when the time was right, Marcus became ruler. Even though Marcus had the power in his country to say who would live and who would die, he chose to rule differently.

Marcus had learned to live a life that was void of many of the irritations and frustrations that so many of us encounter.

This remarkable individual was an Italian named Marcus Aurelius, Co-Emperor of Rome 161 AD to 180 AD. These writing are called the *Meditations.*

Out of the *Meditations,* comes one of his more profound observations which paraphrased states:

'When someone's words or actions irritate you, it is not that person who is irritating you, but rather your judgment of that person.'

Think about this - Do you ever become irritated by that other team's fan, another religion, that other political party, a family member, or that lady who pulled out in front of you? Marcus would ask, why get irritated over something we can't control or change?

Controlling the judgmental thoughts that often control our minds and lives can be difficult. I know, I always thought these inconsiderate people were the cause of my irritations.

Marcus has had an impact on me - a powerful impact. Yes, judging others can be a curse unto our own being.

Doug

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