

READING
COMPANION &
SMALL GROUP
DISCUSSION
GUIDE



WEEK 4
October 11 - October 17

PART 2
*Judgement &
Selfishness*

JUDGEMENT (DESCENDANTS SUPERIORITY, INFERIORITY, HATE)



Judgement is a Fear-driven, emotional reaction to feeling threatened by otherness, by anyone or anything we perceive as being separate or different from ourselves.

My job is to persuade you that you are better than whoever or whatever you are looking at or thinking about. It helps reassure you that you are always right, safe, and more powerful.

Most people feel powerless; With self-righteousness comes the sense of power you need to convince yourself that you are in control and safe, and that the other's "otherness" isn't a threat.

Unlike Discernment, Judgement always draws a line of demarcation between "us and them," rife with assumptions.

Maintaining a level of consciousness that goes beyond a sense of otherness can be challenging, but it is possible. It begins by seeking a common ground that transcends all otherness.

By Dennis Merritt Jones

JUDGEMENT (DESCENDANTS SUPERIORITY, INFERIORITY, HATE)

READING COMPANION

Think about these questions as you read. Journal the questions and “aha” moments that come up for you



In what situations or about what people do you become most judgemental? When you look beneath that judgement, what feels threatened or uncomfortable within you?



When feeling “better than” someone brings satisfaction, what reassurance are you looking for?



How does your judgement show up in your behavior, such as sarcasm, passive-aggressive comments, unsolicited advice, exclusion, or indirect criticism? How might it feel to receive that treatment?



Think of someone you came to appreciate after initially judging them. What helped you see them differently?



When have you felt accepted without needing to prove yourself? How could you offer that experience to someone else?



If you entered a situation both openhearted and knowing “I am enough,” what might you enjoy or learn when you no longer needed to compare yourself with others?

SELFISHNESS (DESCENDANTS GREED, ENVY, JEALOUSY)



“It’s easy to understand why Greed, Envy, and Jealousy are close descendants of Selfishness. They all come from the generational Fear-based belief that someone else holds the good they desire.”

“There’s no place or time that the Principle of Abundance can be better used than when we are entangled in the illusion of scarcity, the roots from which the weeds of Selfishness, Greed, Envy, and Jealousy spring.”

Acts of Selfishness send a message to an unbiased Universe, which operates solely on the law of cause and effect, that we believe in not-enough.

When we cease fixating on what we think we don’t have enough of (a practice that only fosters selfishness), the Spirit of Generosity and the Generosity of Spirit will naturally arise from within.

By Dennis Merritt Jones

SELFISHNESS (DESCENDANTS GREED, ENVY, JEALOUSY)

READING COMPANION

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Think of a recent time you put your wants first without considering someone else. What happened, and how did your choice affect them?



What do you hold tightly: time, money, attention, recognition, opportunities, or being included? What are you afraid there won't be enough of?



Think of a time you gave freely and enjoyed it. What made that experience feel good?



What good is already in your life that you sometimes overlook? How does recognizing it change what you feel you have to offer?



If you trusted there was enough for you, what would you enjoy sharing more freely? Consider your time, attention, knowledge, or opportunities.

WEEK 4 - SMALL GROUP GUIDE

Small Circle Agreements

Confidentiality

I help create a safe environment by maintaining confidentiality.

Right to Pass

It is okay not to share.

"I" statements

I speak for myself and remember that I can never know someone else's experience.

Change your mind as often as you like

Stay open to new ideas and new revelations from our shared wisdom.

Be Present

I listen to others compassionately, respectfully, and appreciatively.

Notice our own reactivity and assume good intentions

We take responsibility for our own reactions and meet each other with love.

Advice-free zone

I practice sacred listening and refrain from giving advice.

Opening Affirmation: *Knowing I am enough, I can look honestly at myself with compassion and learn from what I discover.*

Check-in:

- Are you noticing messengers show up? What are you doing with that awareness?
- What was your experience of exploring Judgement and Shame this week?

Discussion Questions:

- For each chapter, what stood out for you?
- Pick a question from the reading companion and share your answer.
- From your reading / Sunday talk - what inspired, frustrated, confused or clarified something?

Closing: *Each person shares one positive takeaway from the group meeting today.*

Closing Affirmation: *I am enough. I have enough. I treat others how I want to be treated.*



Week 4 Practices: As you try these practices, notice what you feel you might lose."



Catch the "but." When someone receives praise, notice any urge to add "Yes, but..." Let their good stand without diminishing it.



Give up the advantage. Let someone else choose, take the credit they deserve, or finish speaking without bringing the conversation back to you. Notice what comes up within you.



Give without keeping score. Do something thoughtful without seeking credit or expecting a favor back. Notice any urge to have your generosity acknowledged.



Try a two-column journal page: "What I thought or did" and "What I was afraid of." Capture one moment of judgement or selfishness and look underneath it.



Put a note where you'll see it: "I am enough" or "I am open-hearted" or "What's in it FROM me?" Use it before a meeting, gathering, or conversation.

For next week: Read Chapters on Shame and Loneliness

FALL PROGRAM RESOURCES



<https://www.unitypaloalto.org/when-fear-speaks-listen>

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