



TESS Newsletter

Accordance to Article 7
Section 3 of its Constitution

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Episode 130

“ Turning Possibilities into Realities ”

Building a Global Movement for Change [UNSG]: The Promise (part 62)



"Working Hard at Working Smart" (part LXXXII)

Unity of Purpose: Embracing Diversity



We can never judge the lives of others, because each person knows only their own pain and renunciation. It's one thing to feel that you are on the right path, but it's another to think that yours is the only path.

Paulo Coelho. Mystical Author, one of Brazil's most successful Novelist.

The future we want: The Promise: The Force Beyond

8 Reasons You Should Never Judge Other People

Source: en.amerikanki.com

We often judge people without realizing it. There are people who realize it and love it. My friend says that she enjoys judging other people because it helps her boost her self-esteem and feel better about herself. I know my friend is not the only one who loves to judge someone each day. Regardless of the reason, we don't have a right to judge anyone. Most people don't notice their own mistakes, instead they strive to find and point out someone else's mistakes. Take a look at a few of the most important reasons why you should break a habit of judging other people.



1. Incomplete information

Before judging someone, make sure that you know all the facts about this person. Maybe you don't know the whole story, you don't know their problems and worries. It is very important to hold off until you know all facts. Instead of judging, try to help them or leave them alone. It's one of the most obvious reasons why we shouldn't judge other people.

2. We are all different

If you don't like doing something, it doesn't mean that other people should not do it too. For example, if you don't like tattoos, you shouldn't tell other person that their tattoos look horrible. If someone can't get a diploma, it doesn't mean that they don't want to study, they just can't pay for their education. We are all different and we all have different life problems. Instead of judging someone today, **try to improve your own life.**

3. No one is perfect

Perfectionists tend to judge every person they meet in their lives. They don't admit their own mistakes but love to point out someone else's flaws. It's crucial to understand that no one is perfect and we all make mistakes every now and then. Before criticizing someone's actions, make sure those actions are really bad. Maybe they have some reasons to do what they want to do.

4. Do unto others as you would have them do unto you

Before judging someone, put yourself in their shoes. We often unfairly judge others, but hate it when people judge us. Remember the famous line, "Do unto others as you would have them do unto you"? There is true wisdom in it. Your words and actions can ruin any relationship in a matter of a few minutes, but you will never earn someone's trust back and build a strong relationship in a matter of a few minutes. Think about it before judging others.

5. Tolerance

Tolerance is essential in a modern world. Nowadays people do so many crazy things that it's hard to keep silent when needed. Cultivate tolerance on a daily basis and it will help you understand people better and judge less. If you can't understand someone, then don't dwell on them. Focus on your own problems instead.

6. Appearances are often deceptive

Don't judge people by their appearance and never make fun of others. Maybe they can't buy expensive clothes and lead a luxury lifestyle, but they may do many good deeds that other people don't even think about. As I mentioned before, we are all different. Some people can't afford to buy essential foods, while others spend a fortune on the things they don't need. Rich people tend to judge poor people, but they don't know the whole story and they don't know how poor people help others without expecting anything in return.

7. Respect

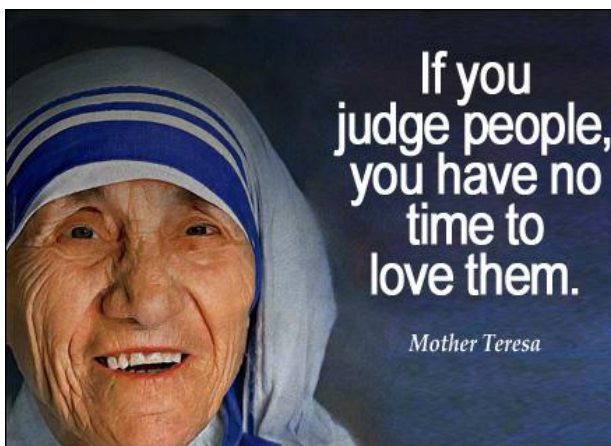
If you want to grow as a person and become wiser, you should learn how to respect other people, including your enemies. In some countries, people can't turn their enemies out of the house because they respect them. We judge our enemies and try to make their lives miserable, but often end up ruining our own lives.

8. You define yourself

When you judge other people, you don't define them, you actually define yourself. Do you want people to think of you as someone who judges everyone? Ask your family or friend what they think about you, and if they say that you often judge other people, then it's time to stop being judgmental.

There are many reasons why we shouldn't judge other people. Many of us are guilty of it, but once you realize that judging others is one of your bad habits, you will know what to do.

Mother Teresa of Calcutta (1910-1997)
Nobel Peace Prize in 1979.



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The journey continues...

The Solution

By Eric Berne

Prejudice and unfair assumptions are the enemy of everyone. How can we overcome them? The way to overcome our judgments and to realize real compassion and happiness is to *work against them, constantly*. Here are a few strategies.

1. Everyone's Narrative - Consider your own life, and everything that has shaped your beliefs. Realize that each of the 7 billion people on this planet has their own narrative. Not one is the same.

2. Where are you coming from? - When you find yourself thinking poorly of someone, stop and consider what influences have created your negative views of that individual.

3. Befriend all people - If you know that you tend to avoid befriending certain types of people, go out of your way to find friends of all kinds.

4. Empathy - When you encounter anyone, try to imagine, understand, and sympathize with that person's story, with everything that has made them who they are.

5. Actively accept - meditate upon embracing other people, with all of the diversity that comes with them. Don't allow yourself to define a person based upon *one* stereotype about *one* aspect of their complex identity.

6. Show compassion - Perform random acts of kindness for all types of people. It can be as simple as a friendly smile or holding open a door.

Understanding and accepting people from all walks of life is key to finding peace in our lives. But beyond that, it is of the utmost importance to making the world a place where all can live freely and without fear.

So practice empathy, don't be quick to judge, and envision life in another's shoes before you treat them unfairly.

"The moment a little boy is concerned with which is a jay and which is a sparrow, he can no longer see the birds or hear them sing."

How else can we strive for understanding and more fully embrace diversity?