

Blame, judgment and shifting our society with a spiritual diet

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Recently a friend wrote about blame, finger pointing and separation in US politics today. Blame and the judgment it is based on can be very damaging not just in politics but also in families and relationships. And while fixing the whole political system might seem out of our direct control perhaps we can make a start within ourselves. And go on a **spiritual diet** with **no blame, no shame, no complain** for a day and see how we feel. Perhaps we will do it again one day at a time. If enough people do it the world will change:

"Be the change you want to see in the world." - Mahatma Gandhi

In the famous DC meditation for crime reduction study (http://istpp.org/crime_prevention/) it only takes a committed few of a population to shift consciously for the whole population to shift. (I believe for meditation is proportional to the square root of the population so in DC with 1,000,000 people around 1,000 people changing their consciousness had a large effect)

The workshop at Sandbox last night on the **Work of Byron Katie** is one method to eliminate judgments from our lives. Free resources on this here

<http://www.thework.com/thework.php>

And there are great books and audio courses you can get too. Probably even a meetup group in your area if you are interested.

"I discovered that when I believed my thoughts, I suffered, but that when I didn't believe them, I didn't suffer, and that this is true for every human being. Freedom is as simple as that. I found that suffering is optional. I found a joy within me that has never disappeared, not for a single moment. That joy is in everyone, always." — [Byron Katie](#)