

How our opinions and judgements create parameters on us and create limits for what we can experience, learn and accomplish.

1. What really are opinions, assumptions and judgments?

An **opinion**, **assumption** or **judgment** is the mind's way of "collapsing uncertainty" — it takes an infinitely complex reality and assigns it a label: *good / bad, possible / impossible, right / wrong, safe / dangerous, worthy / unworthy*.

That's a survival mechanism. The brain evolved to make *quick predictions* and categorize things so it could respond rapidly to threats.

However, this same mechanism — when left unexamined — becomes the *prison of the known*.

Each judgment creates a **boundary line** around what the mind believes reality is.

Every time we say:

"That's just how I am."

"That will never work."

"People can't change."

"This is bad."

We unconsciously install a *parameter* — a limit within which the mind will look for options.

Outside that limit might exist the exact opportunity, insight, or healing we need — but we literally cannot perceive it, because our inner map says, "not relevant" or "impossible."

2. How the brain enforces those limits

Here's how it works neurologically:

- The **reticular activating system (RAS)** acts as the brain's "filter." It decides which of the millions of sensory inputs reach conscious awareness.
- Your **beliefs, opinions, and judgments** program that filter. If you judge something as "irrelevant," "unsafe," or "untrue," the RAS suppresses it — even if it's *right in front of you*.

That's why two people can stand in the same place and "see" completely different realities — each perceiving through their own mental lens.

Judgment narrows perception.

Curiosity expands it.

3. The psychological cost of judgment

Each opinion or judgment becomes a **cognitive boundary**. Here's what that looks like in practice:

Type of Judgment	Resulting Limitation
"I already know how this works."	Curiosity shuts down → no new learning
"I'm not good at this."	Self-fulfilling prophecy → avoidance
"They're wrong."	Disconnection → no empathy or synthesis
"This is bad."	Stress reactivity → tunnel vision
"This shouldn't be happening."	Resistance → suffering increases

Judgments *collapse possibility space*.

They make reality smaller, not because the world shrinks — but because our **capacity to interact with it** does.

4. The energetic / spiritual dimension

From a broader or spiritual perspective, every judgment is a *vibrational contraction*.

When we hold rigid opinions, we create a **frequency boundary** — like tuning a radio to one narrow channel and insisting that's all there is.

But the universe is a symphony of frequencies — a living electromagnetic field of infinite harmonics.

When our thoughts are open, curious, and loving, our nervous system and heart field vibrate coherently with the wider field of life.

When we judge or condemn, our field contracts — we resonate only within a narrow band of possible experiences.

In that sense, opinions literally **limit the energy bandwidth** of consciousness.

5. How to glimpse beyond opinion and reclaim full perception

Step 1. Awareness

Notice the *tone* of a thought:

- Does it *close* you ("That's stupid," "I hate this," "I can't")?
- Or does it *open* you ("I wonder why," "What if," "Could this teach me something?")?

Just seeing the difference starts loosening the boundary.

Step 2. Replace judgment with curiosity

Curiosity is the opposite of judgment.

When you catch yourself forming an opinion, shift from **evaluation** → **exploration**.

Instead of “That’s wrong,” try “What might I not be seeing yet?”
Instead of “I can’t,” try “What’s one small step I could try?”
Instead of “I know,” try “What if I’m partly right — and partly missing something?”

This rewires the brain’s predictive model to *welcome* uncertainty — the birthplace of growth.

Step 3. Regulate the nervous system

Judgment often hides anxiety — the mind’s attempt to create control.
When you calm the body (deep breathing, heart coherence, or **alpha-theta binaural beats**), the need for control softens, and openness becomes safe.

Use binaural sessions at ~8 Hz (alpha) for relaxation and receptivity, or ~6 Hz (theta) when exploring limiting beliefs — this primes the brain for neuroplastic change.

Step 4. Practice “Beginner’s Mind”

Borrowed from Zen, this means meeting each moment as if for the first time.
Even with familiar people, say internally, *“I don’t know what will happen next.”*
This dissolves the filter of assumption and invites the raw aliveness of reality to reveal itself.

Step 5. Integrate nonjudgmental reflection

At the end of each day, review:

- Where did I contract today (judge, resist, dismiss)?
- Where did I expand (stay curious, open, compassionate)?
- What did each state *feel like* in the body?

This trains interoception — awareness of your energetic signature when you’re open versus closed.

Step 6. Use language consciously

Every time we label something absolutely (“always,” “never,” “should”), we box ourselves in.
Softening language to possibilities: *“Maybe,” “Sometimes,” “It seems like...”*
This keeps your mental map flexible — a living model instead of a cage.

6. The paradox: Freedom through humility

When we stop insisting that our opinions are truth, we don't lose understanding — we *gain* it. Humility doesn't mean believing nothing; it means recognizing that our view is partial, always in progress, always open to refinement.

This humility allows learning to continue indefinitely — and *that* is infinite growth.

7. The lived result

When opinions and judgments loosen:

- The nervous system relaxes.
- Creativity floods in.
- Relationships deepen.
- The mind perceives subtler patterns, synchronicities, and insights that were always present.
- And you experience yourself not as a small mind *inside* reality, but as a conscious participant *within* the living field of it.

In short:

Judgment collapses potential. Curiosity expands awareness. Openness restores unity.