

The Truth About Judgement



Hades / Pluto / Judgement

Greek God of Judgement

Call to Judgement, Death,
Destiny, Karma, Grace
Wisdom

20



Hades

A 65 year old woman, Janet, was referred to me by one of our regular clients.

Our regular client reported that this woman was experiencing frequent periods of depression and often spoke of suicide.

During my first meeting with Janet, she immediately launched into a long story about how much personal healing work she had done over the years. She gave me an in-depth account of how many spiritual practices she had learned, courses she had taken and the different healers she had worked with.

She went on to say that regardless of how much work she did, the pattern was always the same. She would find herself in a depression, then become involved with a new 'healer', then feel better for a few weeks – but then slip back into depression.

It was clear that Janet had a 'what's the use' attitude.



At our meeting, not only did Janet spend a great deal of time trying to impress me with the amount of work she perceived she had done, but also about how at '65 years of age' she felt she should be past all of this by now. She just could not understand why depression kept coming back.

After I thoroughly tracked her energetics, I concluded that two possibilities were present.

Immediately I set up a session to work on the first possibility – the issue of 'relationships'.

Janet showed up at the session hopeful and engaged well with the work. At the end of the session she reported that she was feeling much better, but I was not convinced that we had solved the problem.

Sure enough, 10 days later Janet contacted me and reported that the depression had returned stronger than ever. Again, she went on at great length about how she could not understand why at her age she was still experiencing repeated bouts of depression.

"Surely I should have the wisdom to be able to deal with all this by now." Janet complained.

Hearing this – yet again – admittedly, I baited her and Janet bit. It would be a lie to say that I didn't enjoy explaining to Janet that biologically I was old enough to be her father, and that even at my advanced age I was not foolish enough to believe that age and wisdom have a direct correlation.

"In fact," I told her, *"the arrogance that often goes with that assumption makes people blind to seeing what is right in front of their nose."*

Janet was immediately angry with me and in a confrontational manner demanded to know what I meant. *"What do you mean, right in front of my nose?"*

Rather than rise to her challenge I asked her, "When was the last time you were happy with yourself?"

Janet paused for a long moment, then in a much more subdued tone of voice she replied. *"A couple of weeks ago – right after our session."*

Then I asked, "When was the last time you were displeased with yourself?" In an angry tone of voice Janet replied. *"Yesterday!"*

She then launched into a description of something she had done that was 'petty' and 'childish' and went on to run herself down and berate herself whereupon I interrupted her.

"STOP!"

There was immediate silence. "Where did you learn that that was 'petty and childish'?" I asked.

Angrily she answered, *"Everybody knows that!"*

"I am not interested in what you perceive everybody knows. I am interested in where you learned to judge yourself so harshly." I replied.

A long pause ensued. Then very softly Janet said, *"I don't know."*

This opened the door for a discussion about the second possibility I had tracked – judgement in general, self-judgement in particular, and how damaging it can be.

At the end of our discussion, I asked Janet to go back over in her mind some of the recent depressions she had experienced to see if they were initiated by self-judgement.

"Every damn one of them!" she echoed in reply.

When I asked her if she was prepared to do the work to learn to stop judging herself, surprisingly she answered, *"No."*

"Let me get this straight." I said, "Even though you know that it leads directly to depression, you are not prepared to stop judging yourself. Is that right?"

"Yup. That's right. I am not. I am too afraid that I will slip back and do it again and that would be worse than never having tried to stop in the first place."

"Isn't it awful to be human!" I teasingly replied. "Of course you will slip back and do it again. I practically guarantee it."

Janet looked at me, puzzled.



"Do you remember when you were a kid learning to ride a bike," I continued, "and you fell off and skinned your knees? You got back on and tried again and again until you could ride without falling off, didn't you?"

Janet conceded with a nod.



"You are facing a similar challenge right now. Living without the fear of depression would be much like riding your bike without the fear of falling off. Learning not to lose your balance isn't much different than learning not to judge yourself. Both are skills that can be perfected with practice."

Janet was thoughtful and then finally answered, *"I'll try."*

Instantly I barked at her. "No! You won't try. You will either do it or you will not do it. Take your pick. Make a decision and commit to it. 'Try' leaves you a backdoor."

The silence between us was deafening.

"I'll do it." Janet timidly replied.

"What will you do?" I challenged.

"I'll do the work necessary to learn to stop judging myself."

"Are you prepared to get back on when you find you've fallen off?"

"Yes!" she replied with conviction.

I set Janet up for a One-on-One session where she would work directly with Hades, the Archetype known as The Greek God of Judgement. I felt confident that not only could Hades help her with judgement, but that he had a thing or two to share with Janet about "wisdom" as well.

Before we finished our session Janet said to me, *"Nobody has ever held my feet to the fire like you just did."*

My reply was sincere and heartfelt... "And you never got the results you were looking for either, did you?"

Nothing is quite as effective as making a commitment to ourselves and then closing the back door."

By Shanon & Marv Harwood

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