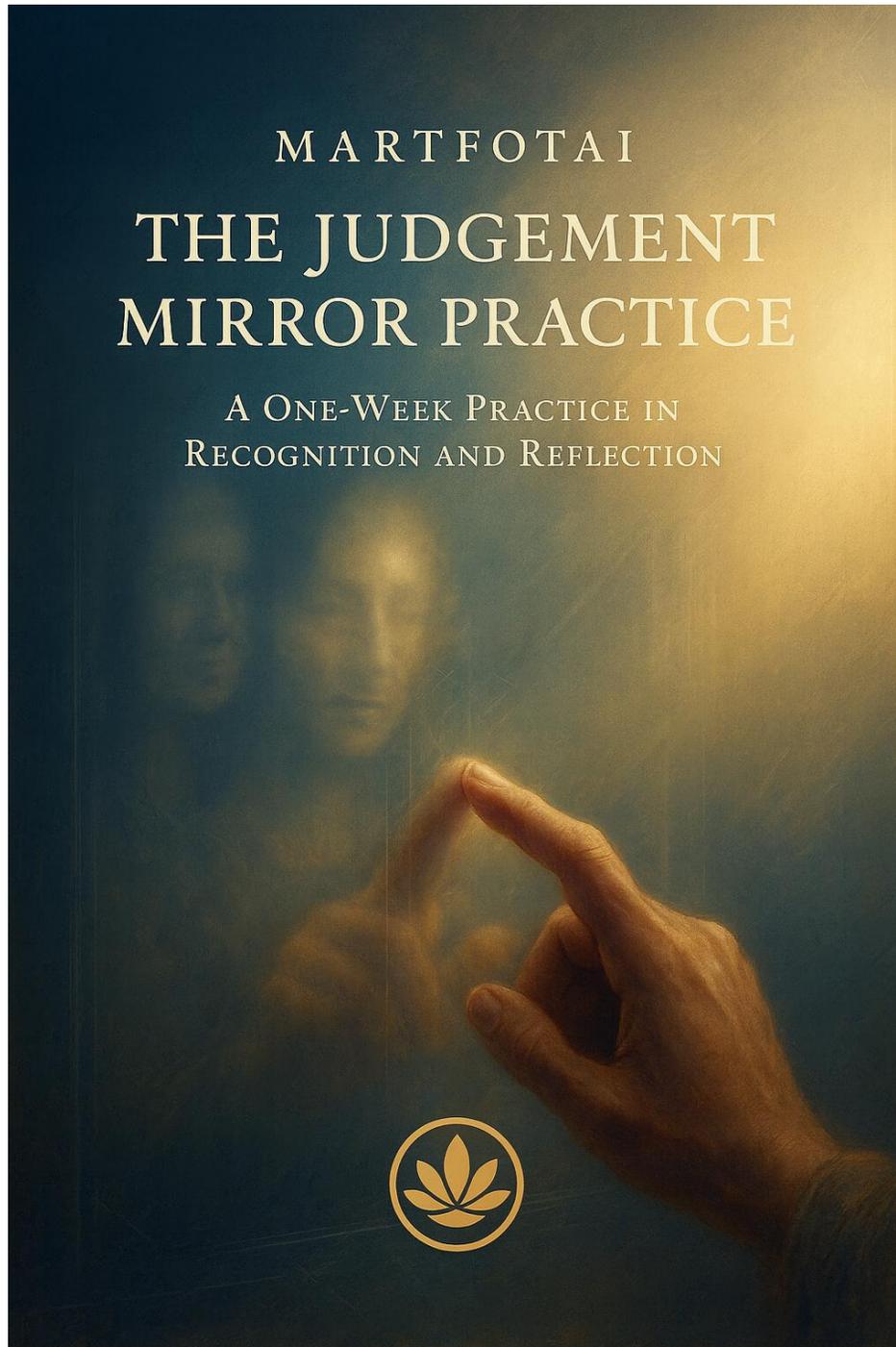


Martfotai: The Judgement Mirror

Path 1 – Foundation Level



A Pre Class Practice in Recognising Yourself Everywhere

Pre-Class Reading and Practice Guide | Foundation Level (Free)

Class: Sunday 14th December 2025, 9:00pm CET (8:00pm GMT), 1 Hour

Bring Someone to Mind

Right now. Someone who grates on you.

See their face. Feel what happens in your body when they appear.

What is it they do? How do they behave?

Feel where the irritation sits. Your jaw. Your throat. Your chest. Your belly.

Now feel this: that tightening, that charge, that familiar "here we go again" feeling.

This is Judgement.

And it's about to show you something you've forgotten about yourself.

The Recognition

Try this now.

Keep that person in mind. Feel the Judgement fully.

Now ask: "Have I ever been what I'm judging?"

Precisely. Exactly. In my own way.

If you're honest, the answer surfaces immediately.

Perhaps in a different form. Perhaps years ago. Perhaps in different circumstances.

But the essence? The pattern beneath the behaviour?

You've been there.

That's the mirror.

Why You Judge

You can only recognise what you've already encountered within yourself.

You cannot judge arrogance unless you've been arrogant. You cannot judge neediness unless you've been needy. You cannot judge cruelty unless you've been cruel.

The recognition requires cognition first.

As common wisdom says: "If you spot it, you got it."

Your being stores impressions. Some from childhood. Some from pain. Some from yesterday. Unless those impressions are brought into awareness, they stay active, looking for mirrors.

The stronger your reaction, the more personal it is.

As Gurdjieff said: "A being attracts its own life."

The people who irritate you most aren't random. They're precise reflections of unresolved fragments within you.

This is Martfotai. Self-recognition, beyond self-improvement.

Note: This practice was first introduced in Episode 7 of the Martfotai podcast: "I Am Shadow - The Parts I Refuse to See." You can find it at martfotai.com/podcast if you'd like to deepen your understanding.

Before We Begin: Foundation First

Stop here if:

- Your basic needs aren't met (sleep, food, safety, support)
- Judgements dominate every day, consuming your attention
- You cannot access a calm, neutral state
- This practice increases your distress

If any of these are true, pause. This practice is premature.

Focus on what Gurdjieff called the First Obligolnian Striving: "To have in their ordinary being-existence everything satisfying and really necessary for their planetary body."

Translation: Rest. Eat properly. Feel safe. Seek support. Care for your body.

You cannot teach a drowning person to swim.

When you're on solid ground, return here. The Work will wait.

The Practice: The Random Audit

What it does: Reveals your projection patterns through systematic trait comparison.

Access the free web app:

<https://martfotai.com/path-1/tools/judgement-mirror-audit-tool/>

The app presents 40 traits (20 positive, 20 negative) randomly selected from a database of traits across different categories.

How It Works

1. Pick 5 Random Traits - The app selects them for you
2. For each trait: Think of someone who exhibits this trait strongly, then rate them 0-10
3. Then gaze into the mirror: Rate yourself honestly on the same trait, 0-10
4. Review your projection gap: Other minus self

Reading Your Map

- Big positive gaps (you rate them high, yourself low): Likely projection you're not seeing this quality in yourself
- Big negative gaps (you rate them low, yourself high): Strong self-recognition or self-criticism
- Small gaps (scores similar): Mutual recognition clear seeing
- Upper left quadrant (high other, low self): The projection zone your work is here

The app visualises this on a graph showing where your projections cluster.

What to Do

Choose one trait with a big projection gap. This becomes your focus for the week.

Think of the specific person you rated. What behaviour of theirs triggered your Judgement?

That person, that trait, that behaviour - this is your mirror.

The Three Questions

When Judgement arises this week, ask yourself three questions:

Question 1: Do I Do This?

Right now, in your current life - do you do this behaviour?

Not "could I under certain circumstances." Not "I might if..."

Do you?

Be honest. The mind wants to dodge. It wants to explain why your version is different.

Perhaps you don't do it the same way. Perhaps less often. Perhaps less extremely.

But do you do it?

If you're honest - usually yes.

Question 2: Have I Ever Done This?

Have you ever, at any point in your life, done this behaviour?

No matter what your reasons were. No matter the circumstances.

Search your past honestly. That period of struggle. That year of crisis. That time you were desperate.

Different situations. Different reasons. Same behaviour.

Question 3: What Would Make It Right for Me?

If you were to do this behaviour right now, what reason would you have that would make it feel right to you in that moment?

Key insight: Nobody does something believing it's wrong.

Even a fragment lacking conscience thinks in that moment it's doing the right thing.

What's their internal justification? What makes it "right" for them?

Construct their reasoning. See how they've made it "right" in their own story.

This doesn't mean you approve. It means you understand.

And understanding dissolves the charge.

The Daily Practice

Morning (2 minutes)

Sit quietly.

Bring that person to mind. Feel the Judgement.

Say: "Today, when I judge, I'll pause and ask the three questions."

Feel that in your body. As curiosity about what it reveals.

When Judgement Appears

See it - "Ah. There it is."

Feel it - Where does it sit in your body? Jaw? Belly? Chest? Throat?

Don't engage - Don't follow the story. Don't justify it. Don't argue with it.

Ask the three questions:

1. Do I do this? 2. Have I ever done this? 3. What would make it right for me?

Notice the shift - Does the charge dissolve? Does understanding arrive?

Evening (5 minutes)

Sit quietly.

Review:

- When did that Judgement appear today?
- Could I answer all three questions honestly?
- What changed when I stopped resisting the Judgement?
- How did my body feel different?

Write three sentences. No more.

The Body Knows First

Notice this week:

In the jaw: Judgement tightens it. Recognition softens it.

In the breath: Judgement shortens it. Recognition deepens it.

In the belly: Judgement hardens it. Recognition opens it.

In the chest: Judgement constricts it. Recognition expands it.

The body knows before the mind understands.

Trust what you feel more than what you think.

Common Challenges

"I can't find myself in the present"

Look more carefully. The behaviour might appear differently, but the essence matches.

Perhaps you're not consistently late, but you keep people waiting in other ways. Perhaps through unclear communication. Perhaps through last-minute changes.

The surface differs. The pattern matches.

"My situation was different - I had good reasons"

Exactly. So do they. That's the entire point.

You see your reasons. You justify your behaviour. You've made it "right" for yourself.

They're doing exactly the same thing.

"I'm judging myself now for judging"

This is another layer. Apply the three questions to self-Judgement. It works the same way.

"The Judgement feels more intense"

Sometimes awareness amplifies before it releases. If intensity becomes overwhelming, pause. Return to foundation work. Breathe. Feel your feet. Rest.

When Foundation Needs Strengthening

Notice if:

- You cannot access a calm state before beginning
- This one Judgement consumes your thoughts all day
- The practice increases your distress rather than creating space
- Your basic needs (sleep, food, safety, support) aren't being met

If you see these signs, pause.

Focus on First Striving: rest, nourishment, safety, support, grounding.

This is wisdom, beyond shame.

Foundation before building. Always.

What to Expect

Days 1-2: Judgements feel overwhelming when you start watching them. The mind wants to justify each one. Return to the three questions patiently. Each Judgement is simply showing you something.

Days 3-4: Recognition starts happening faster. You catch yourself mid-Judgement. The charge begins dissolving before the story completes. Something is shifting.

Days 5-6: Judgements still arise but they feel lighter. You see yourself in others more quickly. Separation feels less solid. Compassion arrives without effort.

Day 7: You notice Judgement has become curiosity. "What is this showing me?" replaces "How could they?" The mirror has become transparent.

Preparing for Our Gathering

Come to class with:

- Your daily notes
- The specific person and Judgement you worked with
- Your answers to the three questions
- Questions about what emerged
- Examples from your practice

In class we'll explore:

- The deeper teaching behind the practice
- Why we forgive ourselves but condemn others
- How to see the whole thread of reason
- Making the mirror truly two-way
- Living recognition beyond one or two weeks

Begin Now (If Ready)

You don't need to wait.

Right now, that person you brought to mind at the beginning. Feel the Judgement again.

See it. Feel where it sits. Don't feed it.

Ask the three questions: 1. Do I do this? 2. Have I ever done this? 3. What would make it right for me?

Return to sitting here. Reading. Breathing. Being.

Begin when you're ready.

And if you're not ready yet, that's perfect too.

Meet the First Striving first.

The Work will wait.

Access the Tools

The Judgement Mirror Web App (Free):

<https://martfotai.com/path-1/tools/judgement-mirror-audit-tool/>

- Access to 40 traits (20 positive, 20 negative)
- Random trait selection
- Projection gap analysis and visualisation

For Complete Practice (Premium £19/month or £34/month): (LAUNCHING SOON)

The complete Judgement Mirror practice includes:

- The Asymmetry of Judgement: Why we forgive ourselves but condemn others
- The Thread of Reason: Seeing the whole causation
- The Two-Way Mirror: Beyond one-way projection
- "Me Too": The foundation of real relationship
- The On-the-Fly Judgement Monitor practice
- Extended daily practices and integration
- Four Centres work
- Private consultations and ongoing support

This free practice gives you enough to work with for the week and generate meaningful class discussion. The complete teaching happens in class and through premium membership.

Visit martfotai.com for full practice access and registration.

Write to info@martfotai.com with subject "JUDGEMENT MIRROR" for any questions

Class: Sunday 14th December 2025, 9:00pm CET (8:00pm GMT), 1 Hour

This practice draws from Fourth Way teachings and the recognition that we can only see in others what exists in ourselves. The work is practical, embodied, designed for transformation rather than understanding.