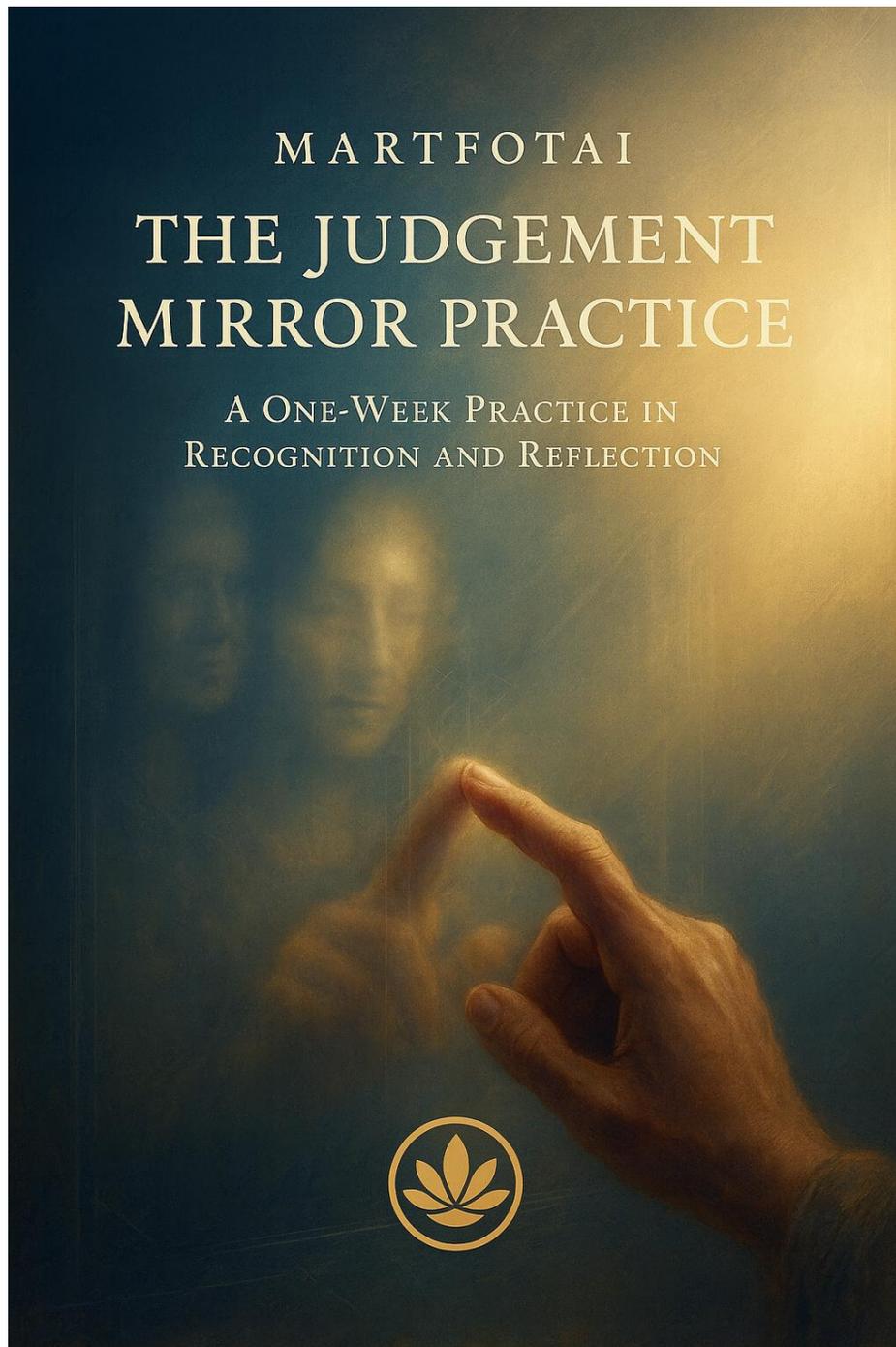


Martfotai: The Judgement Mirror Paths 2 & 3 – Premium Level



A Pre Class Practice in Recognising Yourself Everywhere

Complete Practice Guide | Premium Level

Class: Sunday 14th December 2025, 9:00pm CET (8:00pm GMT, CEST 3:00pm), 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.

What This Week Reveals

Each person you judge shows you a part of yourself you've denied, forgotten, or refuse to acknowledge.

The arrogant colleague. The needy friend. The controlling parent. The passive partner.

All of them are you, under different circumstances.

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." That episode explores the complete context of shadow work, projection, and the mechanical nature of Judgement. You can find it at martfotai.com/podcast if you'd like to deepen your understanding before or after the week of practice.

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.

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.

Judgement is Memory Loss

You don't react to the person in front of you.

You react to what they represent to the part of you that hasn't healed.

"She's always selfish."

You're not describing her. You're describing how one moment made one part of you feel. And that part never moved on.

Could have been 15 seconds. Could have been 15 years.

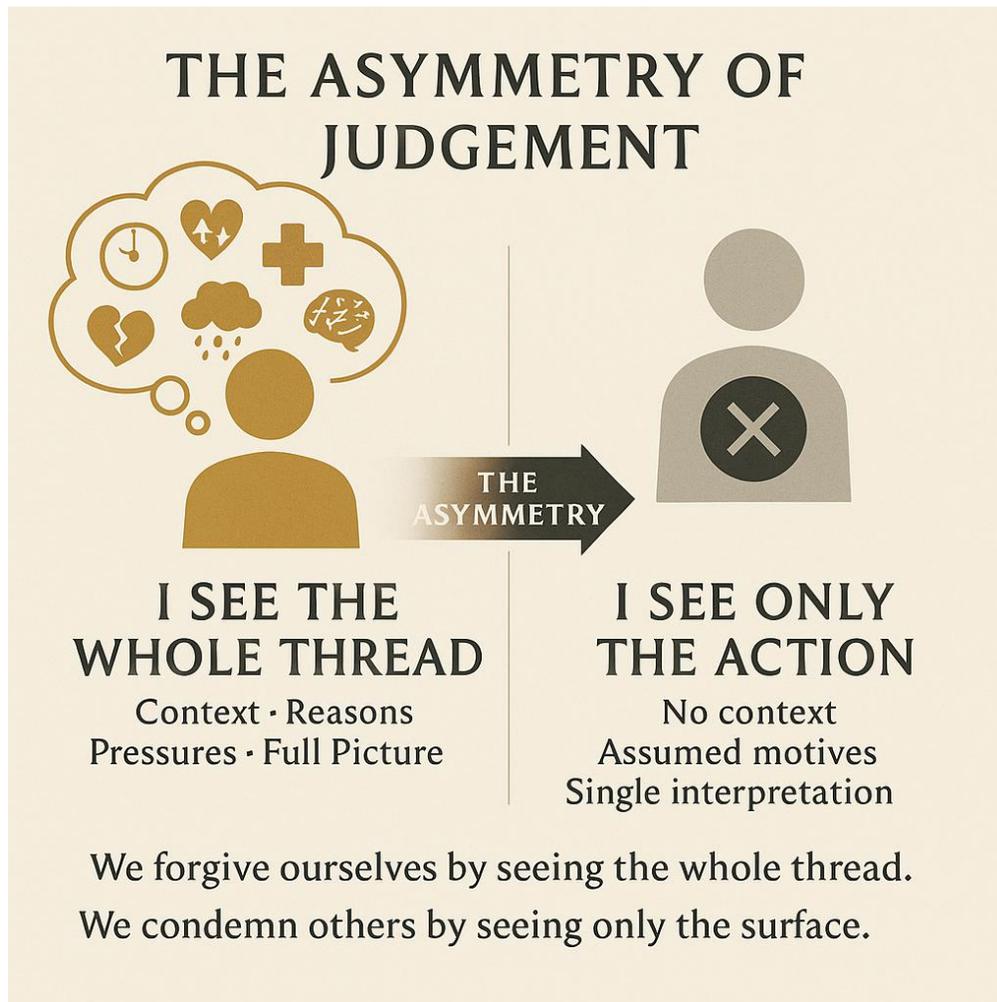
But the Judgement stuck because the experience stayed unresolved.

Gurdjieff: "You do not remember yourself. You remember your memory of yourself."

You don't judge others from clarity. You judge them from memory, filtered through a part of you that never finished feeling what it felt.

Judgement is frozen frame masquerading as truth.

The Asymmetry of Judgement



Notice something strange about how you judge.

When you act in a way that might bother others, you forgive yourself immediately. You see the whole thread. The context. The reasons. The internal pressures that led to that moment.

You cut someone off in traffic because your child was choking in the back seat. Or your wife was in labour. Or you'd just received news that your parent died. Or you were distracted by overwhelming grief.

You see the full picture. The inner and outer processes. The reasons that made it necessary, even right, in that moment.

But when someone cuts you off?

You see only the action. And you assume the reason.

"Rude." "Ignorant." "Selfish." "Doesn't care about anyone else."

You fill in their internal world with antagonistic motives. Malice. Thoughtlessness. Arrogance.

Out of millions of possible reasons for their behaviour, you choose one. Usually the one that confirms they're wrong and you're right.

The Mathematics of Misunderstanding

Think about this: What's the likelihood that your first guess about someone's reason is the right one out of millions of possibilities?

Nearly zero.

You genuinely do not know why they did what they did.

Their child might be choking. Their parent might be dying. They might have just lost their job. They might be in the middle of a panic attack. They might be rushing to help someone in crisis.

Or perhaps none of these. Perhaps something else entirely that you couldn't possibly imagine because you're not living their life.

Since you genuinely do not know, you have a choice: which reason will you assume?

The one that makes you angry and righteous?

Or one that makes you warm and well-disposed toward another human being?

The Mirror You'd Want

If you were the one cutting someone off in traffic because your child was choking, what would you want the other driver to think about you?

You'd want them to assume good faith. To assume there must be a reason. To extend the same understanding you extend to yourself.

You'd feel quite affronted if they assumed the worst about you. If they decided you were selfish, rude, thoughtless, when actually you were terrified and trying to save your child's life.

Yet we assume the worst about others constantly.

We demand for ourselves what we refuse to give.

Gurdjieff: Disagreement is Lack of Understanding

Gurdjieff said: "If you do not agree with someone, you do not understand them."

When you judge someone's behaviour as wrong, "that shouldn't have happened," "they shouldn't have done that," you're disagreeing with reality. You're saying their action was wrong.

But Gurdjieff is pointing to something deeper: your disagreement reveals your lack of understanding.

If you truly understood:

- The pressures they were under
- The information they were working with
- The internal conflicts they were managing
- The pain they were carrying
- The reasons that made it feel right to them in that moment

You wouldn't disagree. You'd see how it made perfect sense from their position.

Not because you approve. Not because you'd do the same.

But because you'd understand how a human being, in those circumstances, with that history, facing those pressures, would do exactly that.

Understanding doesn't mean approval. It means seeing the whole thread instead of just the action.

Nobody Does Wrong on Purpose

Here's the key recognition:

Nobody ever does something because they think it's wrong.

Even a fragment of someone, even a part acting without conscience, believes in that moment it's doing the right thing.

The person who cuts you off believes it's necessary. The person who lies believes it's justified. The person who manipulates believes it's strategic. The person who withdraws believes it's protective.

They've made it "right" in their own story. They have reasons. Just like you do.

The practice of the Judgement Mirror is learning to see those reasons, not to excuse behaviour, but to restore your own humanity by recognising theirs.

Because the moment you truly see how their action made sense from their position, the charge dissolves.

Judgement transforms into understanding.

Separation dissolves into recognition.

"How could they?" becomes "Ah, I see."

The Thread of Reason

What you call "bad behaviour" is usually someone doing the best they can to bear the moment with the tools they have at hand.

They don't need your condemnation. They need better tools. Better ideas. Better understanding.

When we blend higher knowledge with lower being, we get a higher self.

So help. Understand. Don't condemn.

Seeing the Whole Thread

Judgement: "I don't like someone drinking. They're weak, wanton, alcoholic."

The Thread of Reason: "I can see drinking is a strategy to create dopamine which temporarily satisfies feelings of lack of reward and recognition which may be unbearable. These feelings stem from deep childhood trauma or general neglect. The past feeds the present. What I'm calling bad behaviour is someone doing the best they can to bear the moment with the tools they have at hand."

See the difference?

One view sees only the surface action and condemns it.

The other view sees the whole thread, the causation, the desperation, the strategy for survival, and responds with understanding.

The first creates separation. The second creates connection.

They Need Better Tools

When you see someone struggling with alcohol, food, rage, withdrawal, manipulation, control, whatever the pattern is, you're watching someone who lacks better tools.

They're using the tools they have. Those tools are creating suffering. But they're the only tools they know.

Your Judgement doesn't help them find better tools. It only confirms their isolation.

Your understanding might. Because understanding opens the possibility of connection. And connection opens the possibility of learning.

When we blend higher knowledge (understanding the thread of reason, seeing the causation) with lower being (the struggling person with limited tools), we create the conditions for a higher self to emerge.

This is the Work. Beyond technique. Beyond self-improvement. This is service.

The Two-Way Mirror

Most people use Judgement in two broken ways:

The Window: Looking only at others' faults. Seeing what's wrong with them. Making yourself right by making them wrong.

The One-Way Mirror: Looking only at yourself and the effect on you. "How dare they make me feel this way?" Seeing only your own reaction, your own pain, your own righteousness.

Both are incomplete.

The Judgement Mirror must become **two-way**:

What you see in another, you see in yourself.

Not "they're wrong and I'm right."

Not "they hurt me and I'm the victim."

But "I see this in them because it lives in me."

"Me Too": The Foundation of Real Relationship

The two words that begin any real relationship with another human being:

"Me too."

Not "I would never."

Not "I could never understand."

But "Me too. I've been there. In my own way, I know that struggle."

When someone admits they're alcoholic, and you respond with Judgement, you create separation.

When someone admits they're alcoholic, and you can say "Me too" (because you've struggled with your own addictions, your own escapes, your own desperate strategies to bear the unbearable), you create connection.

"Me too" doesn't mean identical. It means recognition. It means: I see you struggling with what I've struggled with. The surface differs. The essence matches. We're both human beings doing our best with the tools we have.

This is the two-way mirror working properly. You see them. They see you. Both of you see the shared humanity underneath the behaviour. Judgement dissolves. Understanding remains.

And in that understanding, transformation becomes possible.

The Three Mirrors of Recognition

When Judgement arises, you transform it through three direct questions. Ask them in this order.

Mirror 1: Do I Do This? (Present Recognition)

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.

It's not asking if you do it the same way. It's asking if you do it.

Example:

Judgement: "They're always late and don't respect other people's time!"

Mirror 1: Do I do this?

Check honestly: Do I ever keep people waiting? Do I ever run late? Do I ever underestimate how long things take? Do I ever prioritise my own schedule over others' time?

If you're honest, yes. Perhaps not as often. Perhaps not as extremely. But you do this.

Say: "Me too."

Mirror 2: Have I Ever Done This? (Past Recognition)

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

No matter what your reasons were. No matter the circumstances. No matter how different you think your situation was.

Have you ever?

Example:

Judgement: "They're always late!"

Mirror 2: Have I ever done this?

Search your past honestly. That period of depression where getting out of the house felt impossible. That year with three young children when everything ran behind. That time anxiety made you circle the block before entering. That phase where passive-aggressive lateness was how you showed displeasure.

Different situations. Different reasons. Same behaviour.

Say: "Me too."

Mirror 3: What Would Make It Right for Me? (Understanding Their Justification)

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?

This is the key: **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?

Example:

Judgement: "They're always late!"

Mirror 3: What would make it right for me?

If I were consistently late, what would make that feel right to me?

Perhaps: "My needs matter too, and rushing causes me anxiety." Perhaps: "I have so much to manage, being perfectly on time is impossible." Perhaps: "Others can wait a few minutes, my current task is more important." Perhaps: "I'm doing my best, and that should be enough."

Suddenly you're not judging them. You're understanding how a human being justifies behaviour to themselves. How they've made it "right" in their own story.

See the Thread of Reason. See the whole causation. See them doing the best they can with the tools they have.

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

And understanding dissolves the charge.

Say: "Me too. I also make my behaviour right. I also have reasons. I also do the best I can with what I have."

The Practices

This week includes two complementary practices. Use both.

Practice One: The Random Audit (Using the Web App)

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

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.

Work with the Three Mirrors. Find "Me too" in each one.

Access the free web app:

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

The premium version will be available to Path 2 and Path 3 subscribers – launching soon

The Judgment Mirror – Premium Tool

Complete 320-Trait Personality Audit

Only available to Path 2 and Path 3 members | Launching December 2025

What This Tool Reveals

The premium Judgment Mirror provides significantly deeper exploration through 320 traits across five psychological categories.

Where the free version (40 traits) introduces projection work, the premium version maps your complete shadow landscape.

How It Works

Choose your category:

- Emotional Patterns
- Relational Dynamics
- Intellectual Traits
- Behavioural Patterns
- Shadow Qualities

For each randomly selected trait, you rate someone who exhibits it strongly, then rate yourself on the same scale (0-10).

The projection gap (other minus self) reveals what you've disowned, denied, or refuse to see in yourself.

Premium Features

320 traits vs 40 in free version

Five specialised psychological categories

Deeper trait descriptions with Fourth Way context

Extended projection gap analysis

Category-specific shadow mapping

Friend Feedback Checklist for external verification

Complete results tracking across multiple sessions

What You'll Discover

Large positive gaps: Qualities you've disowned in yourself but readily see in others

Large negative gaps: Harsh self-criticism or integrated qualities you still judge outwardly

Projection clusters: Patterns across categories revealing core shadow material

Blind spots: What you cannot see without the mirror

Access Through Membership

Path 2 – Practice (£19/month)

Premium tools, fortnightly classes, extended practice packs, full podcast transcript and recording library

Path 3 – Mastery (£34/month)

Everything in Path 2 plus advanced methods and discounted private consultations

Memberships opening December 2025

Join the newsletter for early access and founding member benefits

Try the Foundation Version

New to projection work? Start with the free 40-trait tool:

martfotai.com/path-1/tools/judgement-mirror-audit-tool

Then bring your questions to our first live class:

The Judgment Mirror | Sunday 14th December 2025, 9pm CET

This is Fourth Way shadow work.

Practical. Verifiable. Transformative.

Practice Two: The On-the-Fly Judgement Monitor

What it does: Trains you to catch Judgement in real-time before it solidifies into story.

When to practise:

- Sitting in a public place (café, park, train station)
- Watching television or films
- Scrolling social media
- In meetings or social gatherings
- Any time you're observing people

The practice:

1. **Watch without seeking** - Don't hunt for Judgements. Let them arise naturally.
2. **Catch the first Judgement** - The moment it appears. Could be about anyone, anything.
3. **Feel where it lands** - Jaw tightens? Chest contracts? Belly hardens? Throat closes?
4. **Name it precisely** - What exactly are you judging? One clear sentence.
5. **Apply the Three Mirrors immediately:**
 - Mirror 1: Do I do this?
 - Mirror 2: Have I ever done this?
 - Mirror 3: What would make it right for me?
6. **Find "Me too"** - Where's the shared humanity? Where's the recognition?
7. **See the Thread of Reason** - What tools might they be using? What might they be trying to bear?
8. **Notice the shift** - Does the charge dissolve? Does understanding arrive?

Advanced variation:

Set a timer for 10 minutes. See how many Judgements arise. Track them without feeding them. Each one is data about your inner landscape, nothing more.

The goal is not to stop judging. The goal is to see yourself in every Judgement before it hardens into separation.

The Daily Practice

Morning (2 minutes)

Sit quietly.

If you're working with a trait from the web app, bring that person to mind. Feel the Judgement.

If you're doing the on-the-fly monitor, set your intention: "Today, I'll catch Judgements as they arise."

Say: "Today, when I judge, I'll pause and look in the mirror. I'll find 'Me too.'"

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.

Apply the Three Mirrors:

Mirror 1: Do I Do This?

Right now, in my current life, do I do this behaviour?

Be honest. The mind wants to dodge.

Find where you do this. Perhaps differently. Perhaps less often. But you do it.

Say: "Me too."

Mirror 2: Have I Ever Done This?

Search your past. No matter the circumstances. No matter the reasons.

Have I ever done this?

Let the memory surface. See yourself in that moment. Feel how it was for you then.

Say: "Me too."

Mirror 3: What Would Make It Right for Me?

If I were to do this behaviour right now, what reason would make it feel right to me?

Construct their justification. See how they've made it "right" for themselves.

See the Thread of Reason. See them doing the best they can with the tools they have.

Say: "Me too. I also make my behaviour right. I also have reasons."

The Shift

Feel what happens in your body.

The Judgement loses its charge.

The chest opens. The breath deepens. The jaw softens.

Genuine understanding dissolves separation.

You've just made the mirror two-way. You've seen yourself in them. You've found "Me too."

This is the work.

Evening (5 minutes)

Sit quietly.

Review:

- When did that Judgement appear today?
- Could I find myself in all three mirrors?
- Did I find "Me too" genuinely?
- What changed when I saw the Thread of Reason?
- 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. Perhaps through emotional unavailability.

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 can't say 'Me too' to something I find genuinely harmful"

"Me too" doesn't mean approval. It means recognition of shared humanity.

You can recognise yourself in someone's struggle without approving their actions.

You can say "Me too" to the desperation that drives harmful behaviour, whilst still maintaining boundaries about the behaviour itself.

The two-way mirror means: I see the humanity in you that I share, even when your actions cause harm.

"I'm judging myself now for judging"

This is another layer. Apply the three mirrors to self-judgement. It works the same way.

Find "Me too" with your own judgement. See the Thread of Reason in why you judge. Understand yourself with the same compassion you're learning to extend to others.

"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.

The Deeper Recognition

This practice reveals something revolutionary:

You are not separate from those you judge. Neither superior nor inferior. Neither better nor worse.

You are the whole of human nature, temporarily expressed in this form.

Every Judgement dissolves into recognition. Every "how could they?" transforms into "ah, that's human."

Every Judgement becomes "Me too."

Judgement is memory, fused with emotion, projected onto the present.

The Judgements are like clouds. They drift across the sky of awareness.

But they are not the sky.

You are the sky.

And so are they.

What to Expect

Days 1-2: Judgements feel overwhelming when you start watching them. The mind wants to justify each one. The "Me too" feels false at first. Return to the mirrors patiently. Each Judgement is simply showing you something.

Days 3-4: Recognition starts happening faster. You catch yourself mid-Judgement. You find "Me too" more easily. 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 almost immediately. "Me too" becomes natural. The Thread of Reason becomes visible without effort. Separation feels less solid. Compassion arrives unbidden.

Day 7: You notice Judgement has become curiosity. "What is this showing me?" replaces "How could they?" The mirror has become truly two-way. You see them in you. You see you in them. The separation was always illusory.

Signs of Success

- Moments when Judgement dissolves into "Me too"
- Increased compassion for yourself and others
- Less internal arguing and defending
- You catch Judgement earlier in its formation
- The charged feelings dissipate more quickly
- You see the Thread of Reason naturally
- Life feels less adversarial, more connected
- "Me too" becomes your first response instead of your last

Signs the Practice Is Premature

- Cannot focus without being overwhelmed by Judgement
- Practice increases anxiety rather than creating space
- Judgements dominate every moment
- Basic needs are not being met
- Active crisis or trauma symptoms interfere

If you see these signs, pause the practice. Focus on the First Striving first.

Integration: The Four Centres

As the days unfold, recognition becomes quicker and lighter. Judgements still appear, yet they no longer hold weight. Each moment of recognition opens space within the body and breath.

Observe through the four centres:

Mind perceives the story and the Thread of Reason **Heart** feels the movement and says "Me too"
Body carries the tension and releases it **Instinct** guards survival and learns safety in connection

Seeing through all four at once ends identification and restores balance.

Judgement transforms into clear seeing. You realise you were never outside the person you judged. Every reflection becomes a reminder of shared being. The world mirrors consciousness returning to itself.

The two-way mirror becomes permanent. "Me too" becomes your natural response to all of human experience.

Quick Reference Guide

The Three Mirrors (Apply in Order):

1. **Do I do this?** (Present) → Find it in your current life → Say "Me too"
2. **Have I ever done this?** (Past) → Search your history → Say "Me too"
3. **What would make it right for me?** (Understanding) → Construct their justification → Say "Me too"

The Two-Way Mirror:

- Not a window (seeing only their faults)
- Not one-way (seeing only your reaction)
- But truly two-way (what I see in them, I see in myself)

The Thread of Reason:

- See the whole causation
- They're doing the best they can with the tools they have
- They need better tools, not condemnation
- Higher knowledge + lower being = higher self

Body Markers:

- Jaw: Judgement tightens → Recognition softens
- Breath: Judgement shortens → Recognition deepens
- Belly: Judgement hardens → Recognition opens
- Chest: Judgement constricts → Recognition expands

Daily Practice:

- Morning: Set intention, 2 minutes
- When Judgement appears: Apply three mirrors, find "Me too"
- Evening: Review in writing, 3 sentences maximum

The Foundation of Relationship:

"Me too" - I see you struggling with what I've struggled with.

Preparing for Our Gathering

Come to class with:

- Your daily notes
- The specific person and Judgement you worked with
- Discoveries from the three mirrors
- Examples of finding "Me too"
- Moments when you saw the Thread of Reason
- Questions about what emerged

We'll explore:

- Patterns across the group
- How "Me too" changes relationships
- Seeing the Thread of Reason in real-time
- Making the mirror permanently two-way
- Living recognition beyond one week

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?

In each answer, find "Me too."

See the Thread of Reason. See them doing the best they can with the tools they have.

Return to sitting here. Reading. Breathing. Being.

Remember: When you see yourself in the other, the mirror becomes two-way.

When you can genuinely say "Me too," Judgement dissolves into recognition.

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 and Support

The Judgement Mirror Web App:

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

Premium Support:

This complete practice guide is included with Premium membership (£19/month Practice or £34/month Mastery).

Benefits include:

- Full 320-trait database
- Extended exercises and recordings
- Private consultations
- Advanced Fourth Way methods
- Ongoing support and community

Visit martfotai.com for full access.

Write to info@martfotai.com if you have any questions, with subject "JUDGEMENT MIRROR"

Class: Sunday 14th December 2025, 9:00pm CET (8:00pm GMT, 3:00pm CEST), 1 Hour

This practice draws from Fourth Way teachings, the recognition that we can only see in others what exists in ourselves, and the understanding that Judgement is a mirror showing us what we haven't yet integrated. The work is practical, embodied, designed for transformation rather than understanding.

When we blend higher knowledge with lower being, we get a higher self. So help. Understand. Don't condemn.

The two words that begin any real relationship: "**Me too.**"