



Open Late!

Locals' Favorite!

**Breakfast, Lunch & Dinner** 

Featuring Fresh Local Fish

KEY LARGO

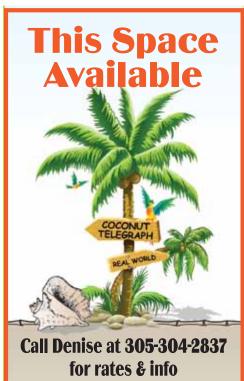
522 Caribbean Drive • 305.453.1905

(A) ON THE MAP

On the Water

**Live Music** 

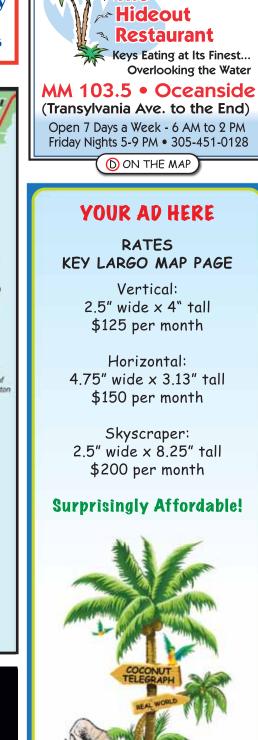
**Craft Beer** 

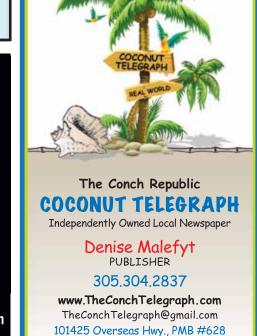






Breakfast Served





Key Largo, Florida Keys 33037

## **Judgment Versus Opinion**

Judgment closes us down and is final, whereas opinion leaves us open-hearted and open to change.

Most of us understand that when we judge someone, or someone judges us, it is a negative emotional experience. As a result, we naturally want to avoid being judgmental, but this gets confusing when we feel we have to suppress thoughts that could actually be offering us guidance.

For example, we may meet someone new and suppress a negative feeling about them, thinking that we don't want to fall into the trap of being judgmental. Later, though, it may turn out that paying attention to that thought could have helped us take care of ourselves or someone else.

It is important to learn to distinguish inner guidance, and having an opinion, from judgment otherwise we run the risk of not listening to our intuition and not allowing ourselves to form opinions. Inner guidance and opinions both help us to interact more intelligently in the world, so we don't want to throw them out in an effort to avoid being judgmental. Our intuition usually makes itself known to us in a flash, and often has a physical component--a flutter in our stomachs, sweaty palms, or a

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healthy and fulfilling day. Register for free at www.dailyom.com

chill. When we use this information to help us navigate a situation, we always benefit.

Similarly, having an opinion about a person or an idea allows us to converse about it in a focused way with intention. Listening to our intuition and forming opinions are both positive outcomes of our ability to interpret the information that comes our way.

When we make a judgment, on the other hand, we attempt to have a final say on whether someone or something is inherently good or bad. Judgments close us down instead of opening us up; opinions have a lighter quality and are amenable to change. Once a judgment has been made, there is no more conversation or consideration. whereas opinions invite further debate. Intuition guides us from moment to moment, but, unlike judgment, never makes a final decree. In other words, it is only healthy to be open to the information we receive and to allow ourselves to process that information. As long as we stay open and fluid, we can trust that we have not fallen prey to the trap of judgment.



## Remembering

**ERIN EDWARD HARBOUR** 

February 21, 1970 - April 9, 2019

Rest in Peace



came home. My dad made her wait in the living room to watch me bring him a cup of

tea, because it was "just the cutest thing!"

My mom waited, and sure enough, I walked down the hall with a cup of tea for Daddy and she watched him carefully as he drank it up.

Then she said, as only a mother would know, "Did it ever occur to you that the only place that your daughter can reach to get water is the toilet?"

One day my mother was out and my dad was in charge of me. I was maybe two and a half years old and had just recovered from an accident Someone had given me a little tea set as a get-well gift and it was one of my

favorite toys. Daddy was in the living room engrossed in the evening news when I brought him a "little cup of tea," which was just water.

After several cups of tea and lots of praise for such yummy tea, my mom

Happy Hour Prices: 4-7pm daily

Most popular Jam in 70wn!

**JAM NIGHT** 

VFW Members Welcome

MEMORIAL DAY Celebration May 27

Remember our Veterans



Thursdays 6 to 9 pm with The Taylor King Band and Friends

Find Us on Facebook: Jam night at the American Legion 333

2 Seagate Blvd. MM 99.6 • Key Largo • 305-451-0307 • www.legionpost333.org

American Legion Post 333 - Key Largo