

## **THE NONJUSTICE SYSTEM**

## INTRODUCTION

When you've been mistreated or victimized, you might want justice against the person who did it. But becoming preoccupied with justice and retaliation can stop you from healing and moving on, and sometimes lead to actions that harm yourself and others. Research shows that the motive for most acts of violence is retaliation in response to grievances. Research also shows that grievances trigger the same reward circuitry inside your brain as narcotics, producing powerful cravings for revenge that can hijack your thinking, causing you to do things you otherwise wouldn't.

***The Nonjustice System*** empowers you to take control of this process and win the most important trial of your life. What is that trial? It's the trial of the people who wrong you, but *your* peace, happiness, and success are at stake.

***The Nonjustice System*** works by helping you put the person who hurt you on trial and hold them accountable while experiencing how to move on from the wrongs of the past. The system eliminates the need for courtrooms, judges, and lawyers by showing you that the most powerful courtroom in the world is the one inside your own mind—and that the greatest judge and lawyer in the world is actually *you*.

During a ***Nonjustice System*** trial, *you* become the prosecutor, victim, defendant, defense lawyer, judge, and even the warden carrying out the sentence. Since you play all the roles, you're perfectly safe and in control at all times. Nobody can threaten or embarrass you. You also become the judge of yourself and decide whether to heal yourself and set yourself free. It's an amazing, liberating experience that's been shown in university research to help people take control of their pain and desire for justice, feel better, restore their peace and happiness, and move on.

***Nonjustice System*** trials are faster, easier, less costly, and more convenient than regular trials. They can take place anywhere, in less than an hour. Everything you need for the trial is here, and inside you.

There are 5 steps to a Nonjustice System trial, and your personal guide in the system will lead you through each of them:

Step One – The Prosecution

Step Two – The Defense

Step Three – The Verdict and Sentence

Step Four – The Punishment

Step Five – The Final Judgment

We hope you'll benefit from using ***The Nonjustice System*** and share your experience with others!

When you're ready, let's begin!

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ACKNOWLEDGED AND AGREED: \_\_\_\_\_ (signature) Date: \_\_\_\_\_

Print Name address: \_\_\_\_\_

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## THE MIRACLE COURT TRIAL

*Close your eyes, or do what you can to picture clearly in your mind what is about to unfold.*

*Imagine that the person who hurt you is being put on trial for the wrongs committed against you.*

*You are in the courtroom. Notice the judge's bench. See the witness stand, the jury box, the lawyers' tables, and the gallery. Notice all the sights, sounds and smells of the courtroom.*

*The case begins...*

### **STEP ONE—THE PROSECUTION**

*Imagine that the prosecutor calls you to the witness stand to testify. You're placed under oath. You look out at the courtroom. You see the Defendant and the Defendant's lawyer, the Judge and the Prosecutor. The Prosecutor approaches you at the witness box and begins asking you the following questions:*

- First, as the Victim, please tell the court exactly what happened that brought you here today. Take your time and give all the details.
- Next, please tell the court exactly what you are accusing the Defendant of having done. What offenses are you charging the Defendant with having committed? Be specific. The charges can be anything and aren't limited to violations of actual laws.
- Now, how have you been harmed by the Defendant and what injuries did you suffer? How has it impacted your life? Be specific and include all physical, emotional, economic, and other injuries.
- Last, have you thought about getting even with the Defendant or retaliating? How often have you thought about getting even, and what has thinking about it been like for you? How has thinking about retaliating impacted you? Be specific.

*Okay, the prosecutor's questioning is now over.*

*Before we move on to Step Two, how did it feel to testify and tell the court what happened? Be specific.*

## **STEP TWO—THE DEFENSE**

*Okay, close your eyes again, or do what you can to picture clearly in your mind what's about to unfold.*

*Imagine now that you're no longer you. **You're now the Defendant who hurt you.***

*Imagine that as the Defendant, your lawyer calls you to testify in your own defense. You're placed under oath, and your lawyer begins asking you the following questions:*

- First, as the Defendant, please tell the court your side of the story. Take your time, be specific, and give all the details.
- Now, as the Defendant, do you plead guilty or innocent to the charges against you?
- Is there anything you'd like to say in your defense? Be specific.
- As the Defendant, what does it feel like to be accused and put on trial? Be specific.

*Okay, the questioning by the defense lawyer is now over.*

*Before we move on to Step Three, **switch roles from the Defendant back to being yourself, the Victim, again.** As the Victim, how did it feel to listen to the Defendant testify and explain his or her side of the story? Be specific.*

### **STEP THREE—THE VERDICT AND SENTENCE**

*Okay, close your eyes again, or do what you can to picture clearly in your mind what's about to unfold.*

*Imagine now that you're no longer you. **Now, you're the Judge who decides the case.***

- As the Judge, after hearing all the testimony, are there reasons for finding the Defendant innocent? Be specific.
- Now, are there reasons for finding the Defendant guilty? Be specific.
- As the Judge, what's your decision? Do you find the Defendant guilty or innocent?
- If you've found the Defendant guilty, please continue to the next question. If you've found the Defendant innocent, congratulations! Your case is almost over. Please continue to the Final Judgment.
- Assuming you've found the Defendant guilty, then the next step as the Judge is for you to sentence the Defendant. As the Judge, what's the harshest sentence or punishment you believe the Defendant should receive? Be specific. The sentence can be anything you want, not only what a regular court would impose.
- Okay, as the Judge what's the least harsh sentence or punishment the Defendant should receive? Be specific. The sentence can be anything you want, not only what a regular court would impose.
- Now, it's time to decide. As the Judge, what's your sentence going to be? Be specific.
- Last, what's it like for you to be a Judge and have the power to convict and sentence the Defendant? Be specific.

*Okay, you've finished now with being the Judge.*

*Before we move on to Step Four, **switch roles back to being yourself (the Victim) again.** As the Victim, you've just heard the verdict and sentence handed down by the Judge against the Defendant. As the Victim, what is it like for you to hear the Defendant being convicted and sentenced? Be specific.*

## **STEP FOUR—THE PUNISHMENT**

*Okay, close your eyes again, or do what you can to picture clearly in your mind what's about to unfold.*

*Imagine now that you're no longer you. **Now, you've the Warden carrying out the Judge's sentence.***

- Where are you when you carry out the sentence? What does it look, sound, and smell like? Who else is there?
- As the Warden, what do you say and do when you begin carrying out the sentence? And what does the Defendant say and do? Be specific.
- How long does the sentence go on? What happens? As the Warden, what do you say and do? What does the Defendant say and do? Be specific.
- What happens when the sentence is finished? As the Warden, what do you say and do? What does the Defendant say and do? Be specific.
- Last, as the Warden, how does it feel to punish the Defendant? What effect does it have on you as the Warden? What effect does it seem to have on the Defendant?

*Okay, you're finished being the Warden.*

*Before we move on to the final step in of the trial, **switch roles back to being yourself (the Victim) again.***

*As the Victim, you've just watched and heard the sentence being carried out and the Defendant being punished. As the Victim, what was that like for you? How did you feel during it? How do you feel now? Be specific.*



## **STEP FIVE—THE FINAL JUDGMENT**

*Okay, close your eyes again, or do what you can to picture clearly in your mind what's about to unfold.*

*Imagine now that you're in a much larger and grander courtroom than where the trial of the Defendant just took place. The ceiling in this new courtroom is very high, several stories tall. There is an enormous judge's bench at the front of the courtroom that goes all the way up to the ceiling so that you can't even see the Judge.*

*Imagine that you're all alone in this courtroom. It's completely quiet. You're standing by yourself in front of the judge's bench, staring up at it in wonder. Suddenly, you hear a voice from high above you. The Judge begins asking you the following questions:*

- Are the things the Defendant did to you in the past happening here and now, in this courtroom?
- Do the things the Defendant did to you in the past exist other than as memories inside your mind?
- Do your feelings of anger and your demand for justice exist anywhere other than inside your mind?
- Did the trial of the Defendant take away your anger and pain or make you relive it all over again?
- Imagine that you decide to practice *nonjustice* in this case, which means to abstain from seeking justice against the Defendant. You do not forgive, but you end the punishment. How would you feel?
- Now imagine that you decide to forgive the Defendant. You do not condone or excuse what happened, but you stop carrying the pain of the past, and you stop feeling angry and resentful. How would you feel?
- Who in this courtroom has power to end the pain of the past and make you happy again?

***Ok, now switch roles from the person standing in front of the bench to being the Judge high above looking down at yourself.***

*From high on the judge's bench, you can see yourself far below, standing all alone. You can see how unhappy you are and how much you've been suffering. You realize that the trial of the Defendant has always really been about **you**. Your peace, happiness, and freedom from the past are at stake.*

*As the Judge, what is your Final Judgment about you? Do you sentence yourself to keep seeking justice and reliving the pain of the past? Or do you choose mercy and set yourself free?*

## **YOU HAVE THE POWER**

Your case against the person who hurt you is over. But now you know that it was really you who was on trial all along. And it was really your freedom, peace, and happiness that were at stake.

This is why the trial of your enemies is the most important trial of your life. This is also why the courtroom inside your mind is the most powerful courtroom in the world. And why the greatest judge and lawyer in the world is you.

You alone have the power to heal yourself from the pain of the past.  
You alone have the power to restore your peace and happiness.  
You alone have the power to give yourself mercy and set yourself free.  
You alone have the power to practice nonjustice and forgiveness.  
You alone have the power to win the most important trial of your life.

Thank you for using the The Nonjustice System.

Go in peace.

More Information:

<http://nonjustice.org>