

# Mindful Nonjudgment—



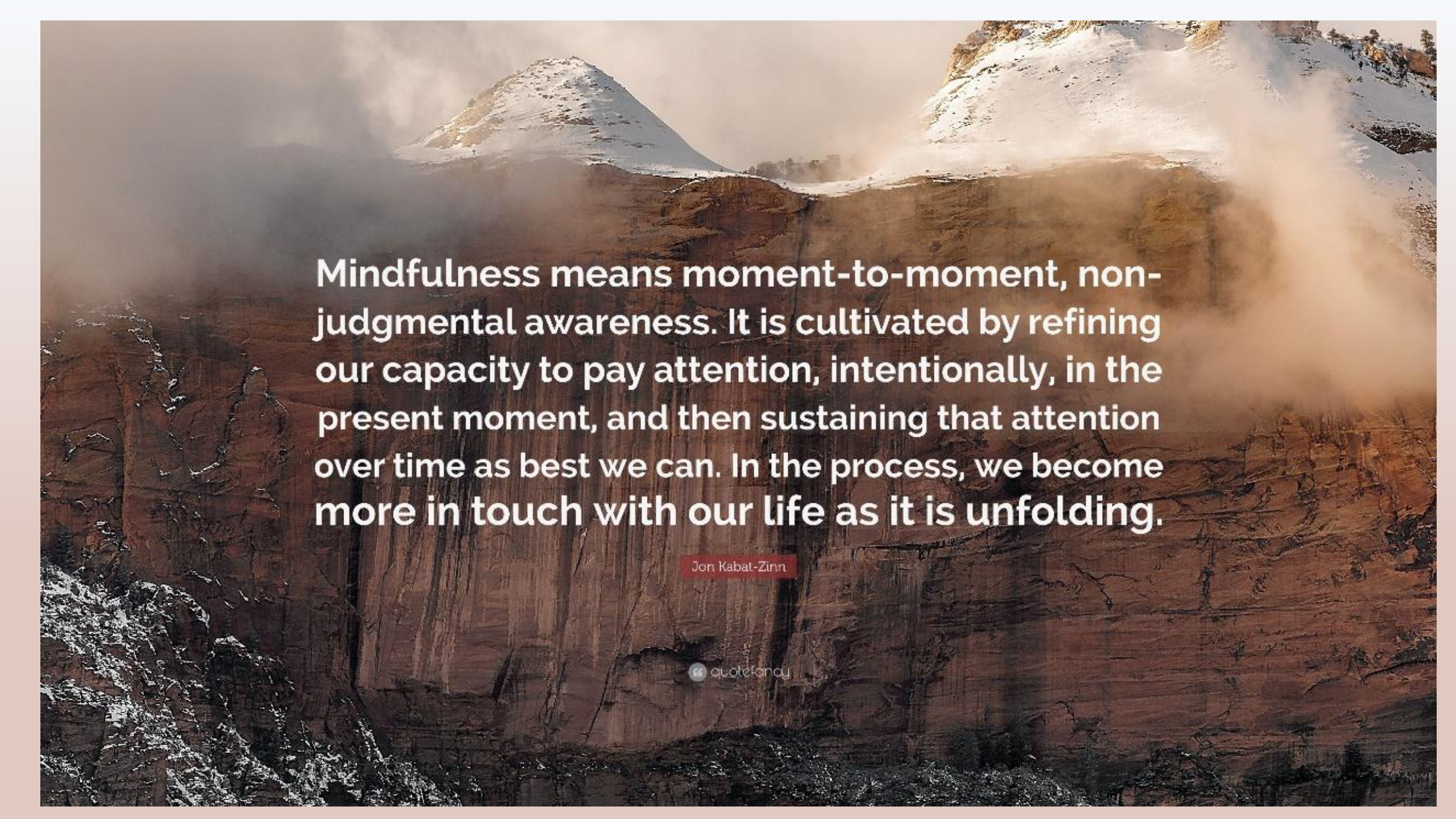
What's it Mean and Why's it Important?

what are other  
words for  
nonjudgmental?



tolerant, open-minded,  
broad-minded, accepting,  
unbiased, unprejudiced, liberal,  
easygoing, gentle, permissive



A scenic landscape featuring a large, layered rock formation in the foreground, possibly a canyon wall or cliffside. The rock is dark brown and shows signs of weathering and erosion. In the background, there are snow-capped mountains under a hazy, overcast sky. The overall atmosphere is serene and majestic.

**Mindfulness means moment-to-moment, non-judgmental awareness. It is cultivated by refining our capacity to pay attention, intentionally, in the present moment, and then sustaining that attention over time as best we can. In the process, we become more in touch with our life as it is unfolding.**

Jon Kabat-Zinn

quote fancy

# 7 (now 8) Attitudes of Mindfulness

Jon Kabat-Zinn



“1. NON-JUDGING: Being an impartial witness of your own experience requires that you become aware of the constant stream of judging and reacting to inner and outer experiences that we are normally caught up in, observe it, and step back from it. Just observe how much you are preoccupied with **liking and disliking** during a ten-minute period as you go about your business.”

# “Liking and Disliking”



1. “Noticing the automatic habit of labelling everything we experience as good, bad, or neutral.
2. The habit of judging locks us into mechanical reactions that we are not even aware of and often has little objective basis.
3. By becoming aware of your judgments you can choose actions and behaviours more consciously rather than automatically reacting to situations in your environment.”

Source: [The Waking Mind](#)

# Making Judgments Has Advantages

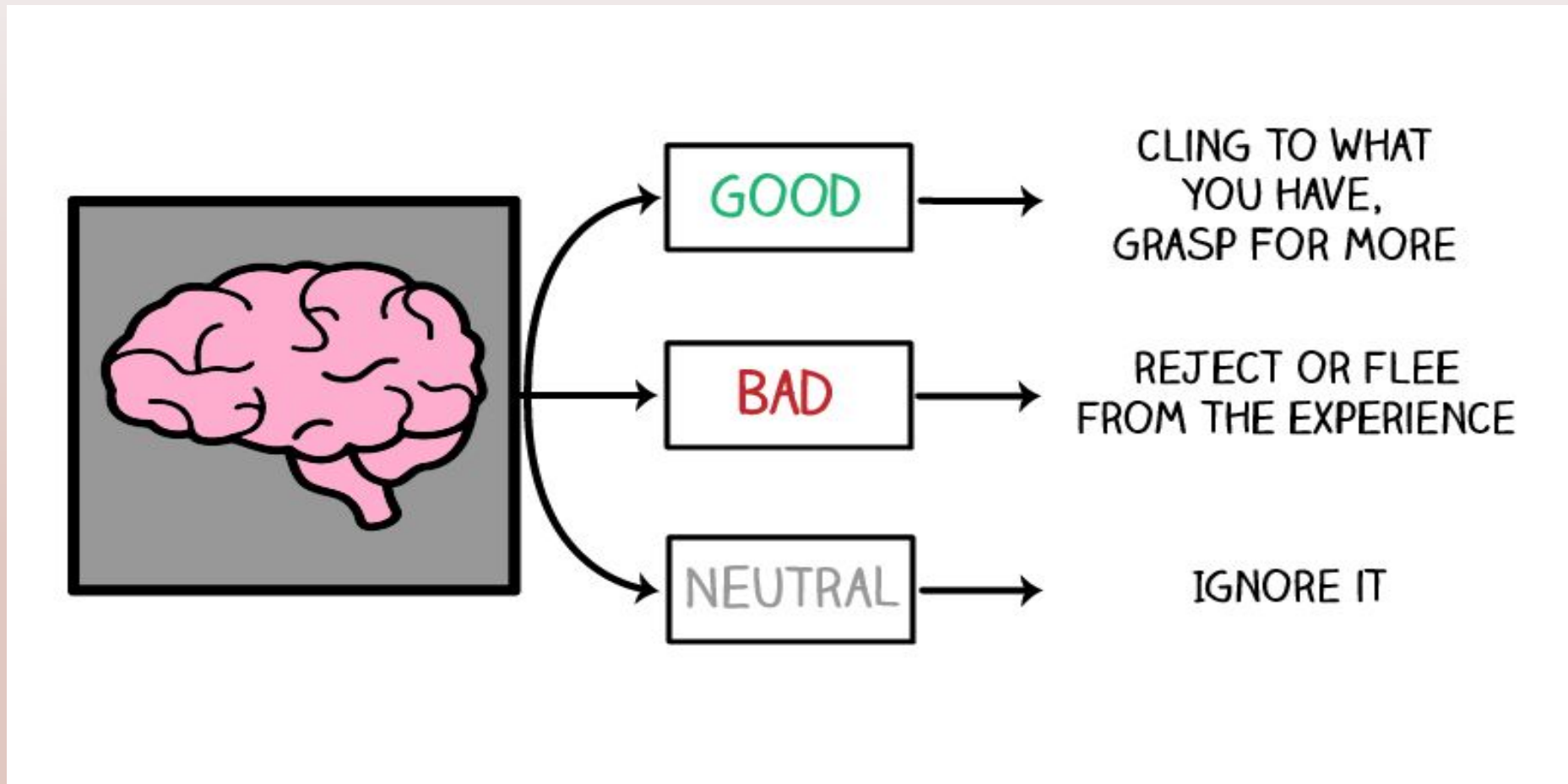
- Making quick judgments can have high survival value.
- Making informed and critically thought-through judgments is part of wisdom (and, we hope, the law).
- Making ethically grounded judgments is invaluable for morality and social justice.

# But, There are Disadvantages

The overwhelming majority of day-in-day-out judgments are:

- Based on **individual preferences**, what I find pleasant or unpleasant.
- Instantaneous and **reactive snap-judgments**.
- Expressions of **unexamined fears and desires**, worry and craving.
- **Categorical**: “black-and-white,” one-sided, lacking shades of grey.
- Often **self-critical**, non-generous to ourselves (and the seeds of neurosis).
- Often **critical of others**, non-curious about difference (unconsciously biased).
- **Divisive**, separating individuals, “us” from “them” (and race from race).
- **Not in the present moment**, which is the only time/place for openness to life.

# Your Mind Judges Every Experience



From Patrick Buggy, Mindful Ambition, "[Non-Judgment: What is it? And Why Does it Matter \(4 Benefits\)](#)"



# What Non-Judgment Isn't

**“Non-judgement isn't about stopping judgments** from ever arising—that's impossible. It's the nature of the mind to judge.

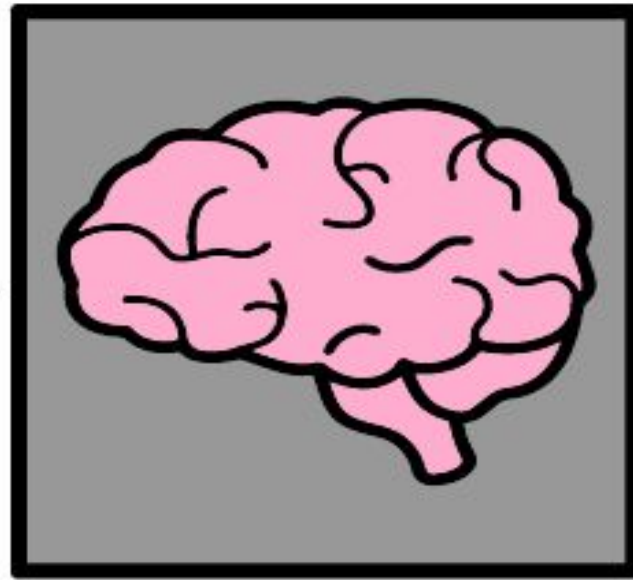
Instead, it's about **changing your relationship** to your judgments. Knowing that they're temporary thoughts, and you don't need to be swept away by them just because they arise in your mind.

To practice mindfulness is to make **direct contact** with the experience you're having. Getting in-touch with the actual experience itself is a freeing and peaceful state.”

– Patrick Buggy, Mindful Ambition, [“Non-Judgment: What is it? And Why Does it Matter \(4 Benefits\)”](#)

NON-JUDGMENT MEANS YOU DON'T NEED TO  
\*DO\* SOMETHING ABOUT EVERY LIFE EXPERIENCE

LIFE  
EXPERIENCE



SIMPLY  
BE PRESENT  
TO IT

# Outside of Meditation Practice

“The process is simple:

1. **Notice** when judgments arise. Witness whatever comes up in the body or mind in conjunction with that judgment.
2. **Recognize** the thoughts that are there *without* denouncing them or clinging to them.
3. **Move forward with clarity**, staying present to the experience at hand.

Without practicing non-judgment, we can't be mindful.”

– Patrick Buggy, Mindful Ambition, “[Non-Judgment: What is it? And Why Does it Matter \(4 Benefits\)](#)”



a little more

**KINDNESS**

a little less

**JUDGMENT**



# And, then, there's not judging our own judging. . .

“Mindfulness involves becoming aware of the mind’s habit of judging and unhooking from the thoughts. In this way we learn to not take the thoughts so seriously and to see them as simply mental events. We discover a ‘liberating insight’, that thoughts are just thoughts, not reality. With this insight, thoughts lose their hold over us. By responding non-judgmentally to the events and experiences of our lives, we cultivate the capacity to be non-reactive.”

– Melli Obrien, “[How a Non-Judgmental Mind Connects and Transforms Us](#)”

“When practicing mindfulness, it is important to recognize this judging quality of mind when it appears and to intentionally assume the stance of an impartial witness by reminding yourself to just observe it. When you find the mind judging, you don’t have to stop it from doing that. All that is required is to be aware of it happening. No need to judge the judging and make matters even more complicated for yourself.”

– Jon Kabat-Zinn, “[MBSR—Mindfulness Based Stress Reduction Program](#)”