

Nonjudgmental Awareness Opening Up To Others

Nonjudgmental awareness allows the mind to observe without criticizing, condemning, or judging. This makes reaching out to others easier because with no expectations, we are surprised by nothing. We are then able to share ourselves and make a more holistic connection.

To help explain it better: Whatever experience we may be having, nonjudgment helps us accept it. It is simply another of life's occurrences, just another thing to be aware of. There's no pride, shame, or anything personal at stake - what is there, is there. There is no clinging to the pleasant, no fleeing from the unpleasant. Nonjudgment sees all experiences, all thoughts, and all actions as equal. Nothing is suppressed. Nothing is repressed. Nonjudgment does not play favorites.

How can we get to nonjudgmental awareness when relating to others? Three steps towards mindfulness, or nonjudgmental observation, are suggested here:

1. Where ever you are, stop and observe. What is going on?
2. Watch without making judgements, such as good/bad, happy/sad, approval/no approval. This lack of defining anything about the situation allows us to let the activity happen on its own without our interference.
3. Allow it all to continue. If action is needed, it will be from the heart.



The beauty of a nonjudgmental stance is that all the negative or positive garbage we're accustomed to telling ourselves about a person or event suddenly stops and a gentle feeling-tone takes us over. Our humanity is strengthened and we can open up to others more freely.

I would also suggest that the "Spreading Compassion" Self-Care Article would be a wonderful enhancement to this topic.

When we are nonjudgmental, we recognize that while we may have felt we were different from the people we are observing, we all are very much the same...we simply want to be happy and avoid suffering. This is our connection and unifying place. Compassion is the result.