



# Embracing Nonjudgement

Living Minutes Academy

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[LivingMinutes.com](http://LivingMinutes.com)

LM!



# Accepting without judgement

- ▶ We allow preconceived notions or learned reactions dictate how we respond to life
  - ▶ Sometimes this is good – survival; assess danger
  - ▶ Often, this is bad
    - ▶ Our judgements elicit emotional and physical response that control how we react to the situation – our judgements control us, often subconsciously
    - ▶ We often react without considering potential consequences
- ▶ The key is to recognize when you are being judgmental, examine how it makes you feel both physically and emotionally, accept and forgive this judgment, affirm that you will not allow this judgement to control your reaction, then bring your attention back to the present moment.
  - ▶ This all happens in just a second or two, with some practice
  - ▶ Instead of letting anger, fear, etc. fester, this approach allows you to experience those emotions, but you control how you respond to them instead of allowing them to control your response

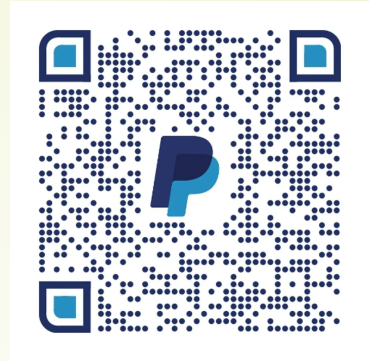


# Nonjudgement and Mindfulness

- ▶ Living nonjudgmentally is one of the three pillars of mindful living, and it's deeply intertwined with the other two
  - ▶ Indeed, all the pillars are deeply connected; they work in tandem and one doesn't work without the other two
  - ▶ Practicing **nonjudgement** keeps us **focused on the present** moment, continuously **aware of how we feel**.
- ▶ Will you still get angry, scared, upset, stressed, etc.?
  - ▶ Of course! Sometimes life just gets the better of us, no matter our intentions. Sometimes we're just too tired to "deal" with controlling how we feel and react.
  - ▶ This is OK. Don't feel bad. It happens to all of us. You must learn to accept these "hiccups" without judgement as well. Forgive.
  - ▶ You'll find, however, that the more you practice nonjudgment, the less often these "hiccups" will occur.



# Help me help others



- Please consider pausing the video and making a donation
- I offer all of these resources on a donation-only basis, including for free if someone can't afford a donation.
- I have spent thousands of hours studying mindfulness and preparing all of this content
- I have paid a lot of my own money to attend courses and workshops, purchase books and equipment, maintain a website, publish books/guidebooks, and advertise these services
  - Contrary to popular belief, many college instructors do not make much money at all and student loan payments are often considerable
- To continue spreading the word and developing more courses, I need your help. Any amount is greatly appreciated. Thank you!



# Your Mission

## ➤ **Living Nonjudgmentally**

- **Mindful Moment – Living Nonjudgmentally:** Think of an object or situation that causes your great discomfort or fear. Expose yourself to images or a movie scene that represents this. Pick one of those images or scenes and analyze it from a nonjudgmental perspective. Accept that this situation makes you feel this way, but detach yourself from those emotions and just view the material with “cold logic”. Using the same imagery will slowly desensitize you to the emotions associated with it. Once this happens, try another image. Continue doing this until the imagery no longer fills you with those emotions and feelings. You may still have them, but they won’t surface. You’ll be able to keep them in control and under lock and key. Using this approach to life allows you to experience all that life has to offer, but you control the way you react to them rather than allowing them to control you.