

# THE GIFTS OF NONJUDGMENT

January 4, 2026



The Gifts of NonJudgment

Lyrics by Cindy Olejar

Every moment is brand new.

No expectations, peace will ensue.

Ohohoh, Ooooooo

Young or old, skip and sing.

Unfollow judgments the mind might bring.

Watching thoughts, you will see,

Limits they create on what can be.

Every moment is brand new.

No comparing, contentment will ensue.

Ohohohoh, Ooooo

Young or old, walk barefoot and swing.

Unfollow judgments the mind might bring.

Watching thoughts, you will see,

Limits they create on what can be.

Every moment is brand new.

No labeling, fun will ensue.

Ohohohoh, Oooooooo

Young or old, start every day dancing.

Unfollow judgments the mind might bring.

Watching thoughts, you will see,  
Limits they create on what can be.

Watching thoughts, you will see,  
Limits they create on what can be.

Every moment is brand new,  
Let go of stories for a breakthrough.  
Ohohohoh, Ooooo, oooooooo

Young or old you can learn a new thing.  
Just unfollow judgments the mind might bring.

Don't have to be good at everything.  
Joy is a gift of non-judgmental being.

Every moment is brand new,  
Let go of judgment, and the gift of pure love will come to  
you.

Ooooooo, oooooooo, ooooooooooo

Every moment is brand new,  
Let go of judgment, the gift of pure love will be you.

Ooooooo, oooooooo, ooooooooooo

Let go of judgment, the gift of pure love will be you.  
Ooooooo, oooooooo, ooooooooooo