

# An Exploration of “Non-Judgement” in the context of Mindfulness.

Allan Donsky MD

Child and Adolescent Psychiatrist

Wellness through Mindfulness

Calgary Public Library

March 4, 2021

# Drop in



# Territory

- Setting the stage
- Why is this important ?
- What gets judged in ourselves and others.
- Pros and cons of judging.
- Compare and contrast Judgment and Discernment.
- Everything exists in a dynamic relationship and is always balancing.

# Words

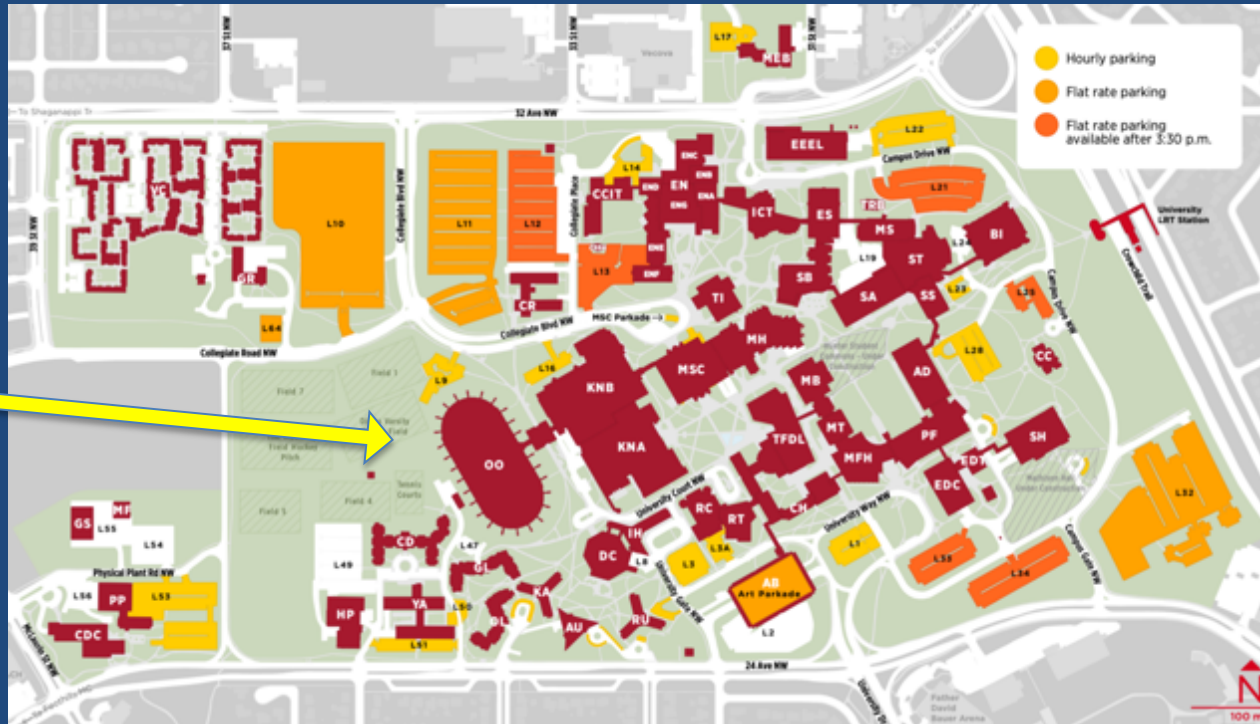


“Words strain, crack and sometimes break,  
under the burden,  
under the tension, slip, slide, perish,  
decay with imprecision, will not stay in place,  
will not stay still.”

T.S. Eliot.

# Words slip because the map is not the territory

???





Here

# Mindfulness

- Eight fold path = Ingredients
    - **Wisdom** ( View and Intention)
    - **Morality** ( Speech, Action, Livelihood)
    - **Concentration** ( Effort, **Mindfulness**, Concentration)
  - Mindless ( e.g. rage = Adrenaline or Dopamine, Automatic, Unwise, Unhelpful)
  - Experiencing Self and World
- 
- Known, Knowing, Knower

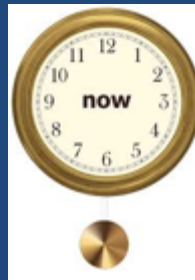


# Jon Kabat-Zinn

- Moment to Moment
- On purpose
- **Nonjudgmental**
- Awareness
- by paying Attention

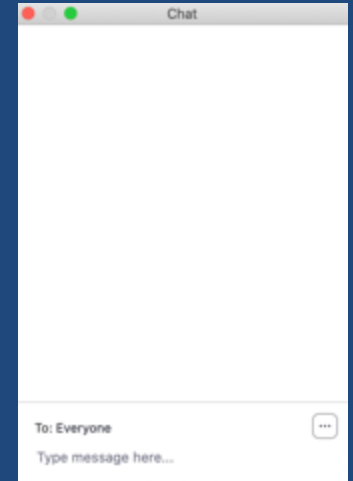


“An **awareness** of one’s **conduct** and the **quality of one’s relationships**, both **inwardly and outwardly**, in terms of their **potential to cause harm**, are intrinsic elements of the culture of Mindfulness” (2011)



# Judge/Judging/Judgment

- What do you **think** ?
- What do you **feel** ?
- Where does it **live in your body** ?
- What kind of **energy** does it have ?
- What **secondary responses** come up when you judge ?  
(Guilty, self righteous, certain, uncomfortable)



# Misunderstandings and pit falls about non judgement

NJ is **not** :

- Ignoring feelings
- Accepting everything without response
- Pretending you can be neutral
- Believing you will nicer/better person
- Having such an open mind that your brains fall out
- Easily defined

# Territory

- Setting the stage
- Why is this important ?
- What gets judged in ourselves and others. (thoughts, feelings, sensations , actions and experiences)
- Pros and cons of judging.
- Compare and contrast Judgment and Discernment.
- Everything exists in a dynamic relationship and is always balancing.

# Why is this topic important ?



Conscious

Unconscious

**“IF IT’S ON THE INTERNET,  
THEN IT MUST BE TRUE.”**

*-Albert Einstein-*

(Inventor of the lightbulb)  
[1996 - present]

$$P_1 + \frac{1}{2}\rho V_1^2 + \rho gh_1 = P_2 + \frac{1}{2}\rho V_2^2 + \rho gh_2$$

MemeCenter.com

# Judging is automatic so perspective is essential to right seeing

Keyhole nebula

7 LY across  
66 000 000 000 000 km



# Judging Lenses change

- Sensory ( soft mattress)
- Aesthetic ( Sensual/Erotic/Porn)
- Ought to be (Ideal virtue)
- Good or Bad (Ethical - means or ends ?)



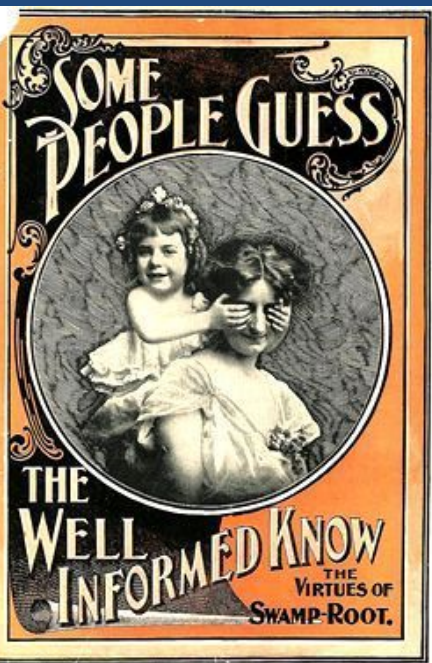
Is New Zealand right ?

It's  
complicated

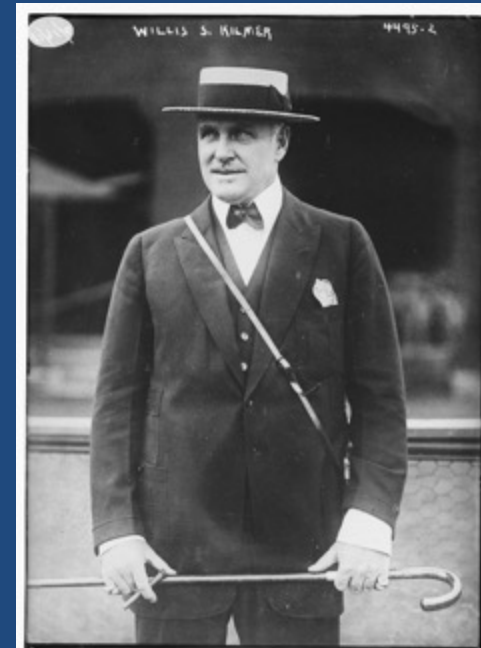
Babies  
Guards  
Mothers  
Scribes  
Witnesses  
King Solomon



Judgment of Solomon in Palazzo Farnese, Rome

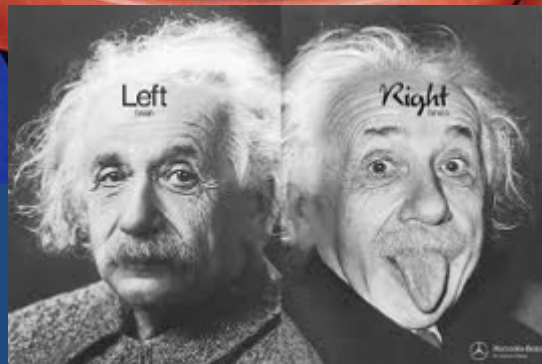
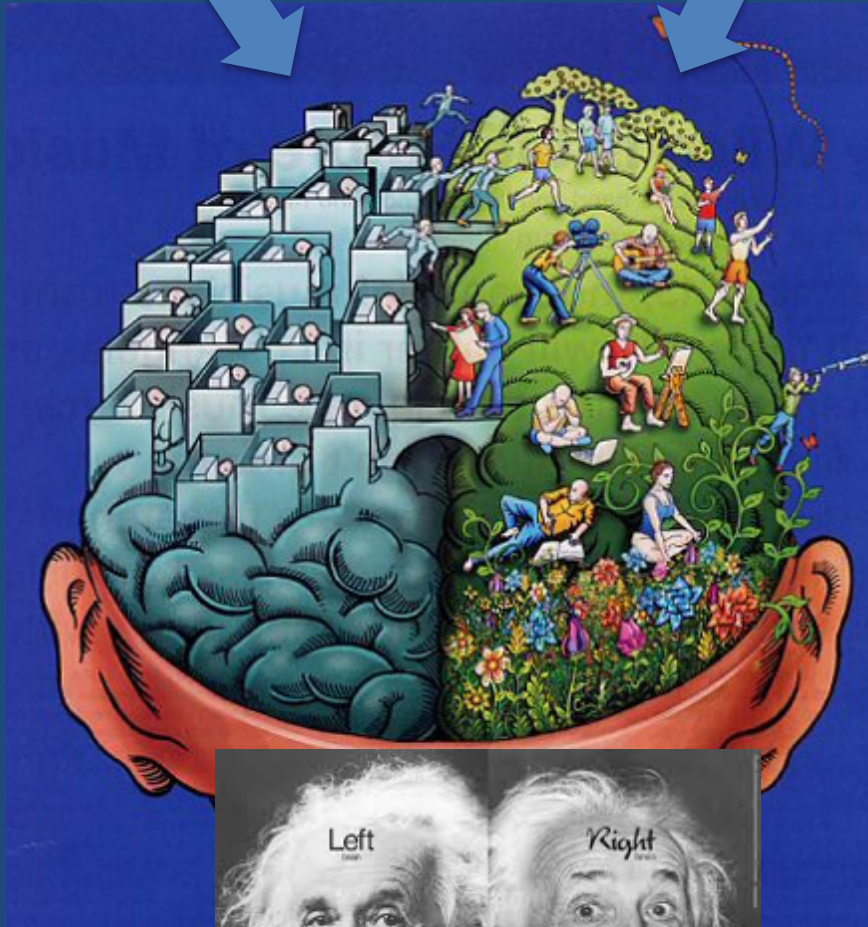


## Extracting the Roots of Judgement

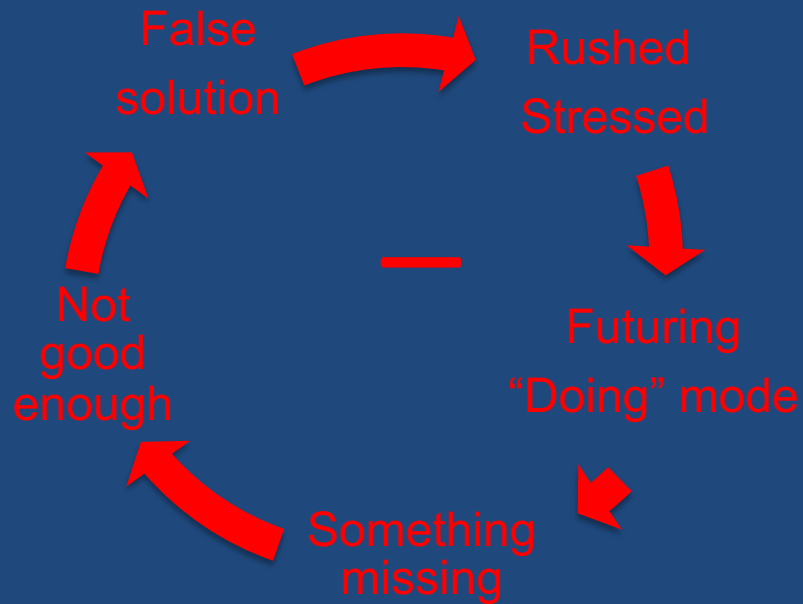


Judgy

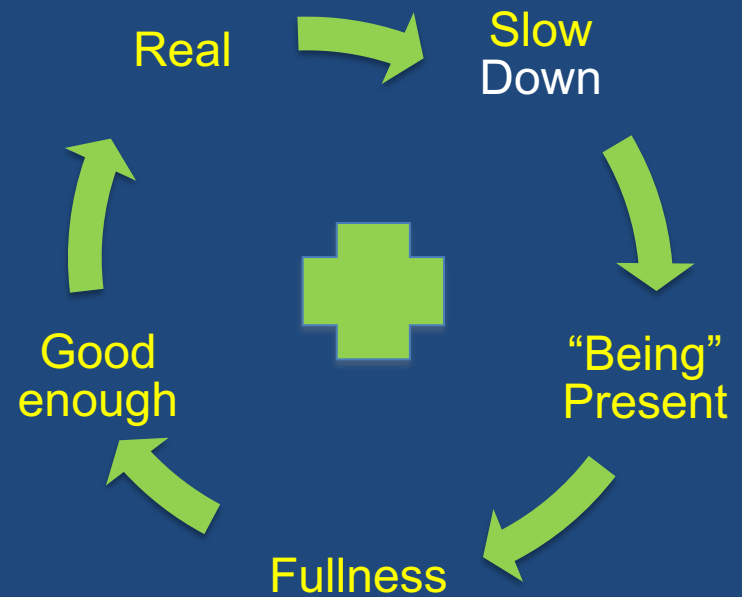
Whole picture



# How we find ourselves ?

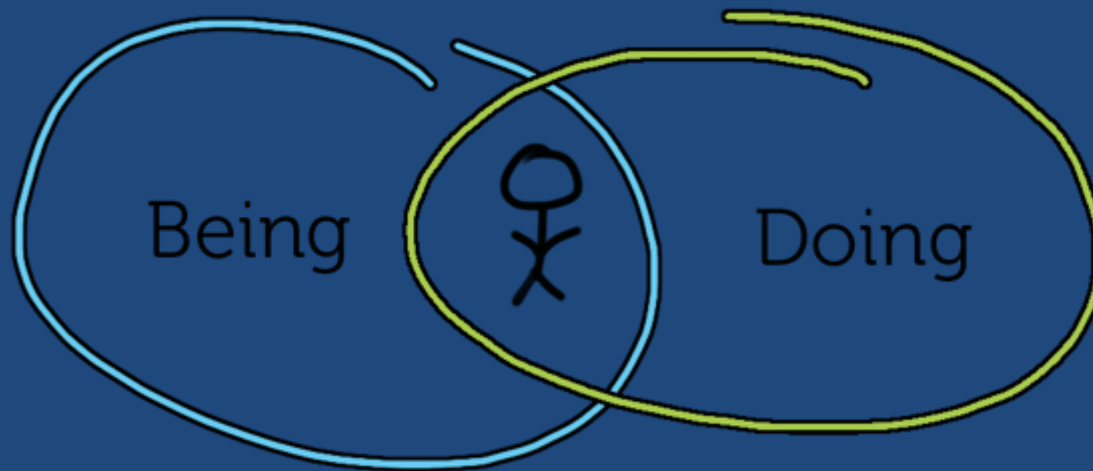


Unhelpful



Helpful

# Wellbeing and Being Well



Process



Content

Truth and Wisdom assist History in writing.  
*Jacob de Wit. 1754*



Wisdom

Discernment

Intelligence

Logic

Knowledge

Understanding

Information

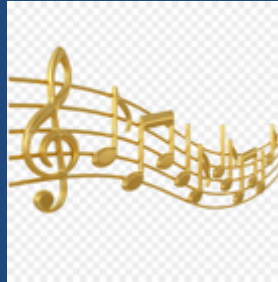
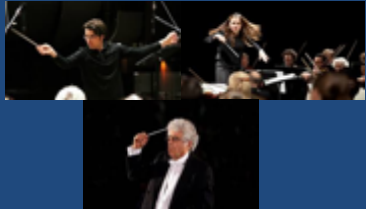
Format

Data

# Territory

- Setting the stage
- Why is this important ?
- What gets judged in ourselves and others. (thoughts, feelings, sensations , actions and experiences)
- Pros and cons of judging.
- Compare and contrast Judgment and Discernment.
- Everything exists in a dynamic relationship and is always balancing.

# What gets judged and why ?



SOUL

SPIRIT  
(HEART/ENERGY)

RELATIONSHIP  
(SELF/SOCIAL)

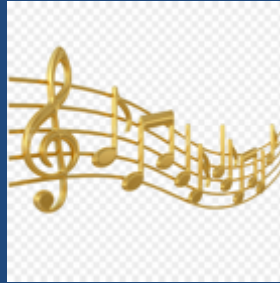
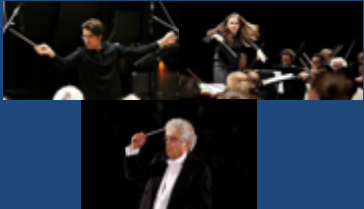
GOODNESS  
(ETHICAL)

THINKING  
Reason

EMOTION  
Relate

BIOLOGY  
Regulate

# The Orchestra of Wellbeing



SOUL

SPIRIT  
(HEART/ENERGY)

RELATIONSHIP  
(SELF/SOCIAL)

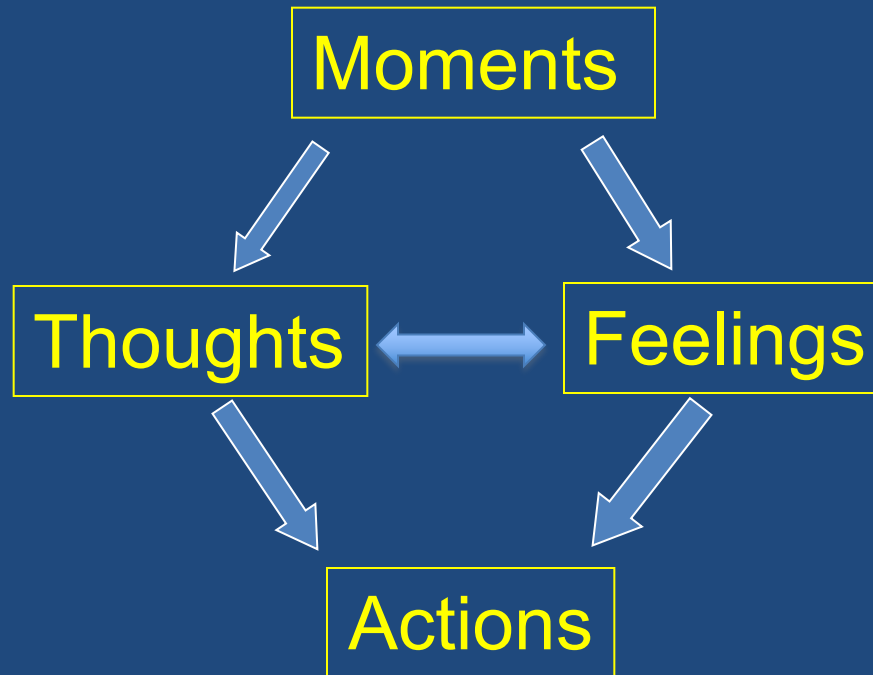
GOODNESS  
(ETHICAL)

THINKING  
Reason

EMOTION  
Relate

BIOLOGY  
Regulate

# Mindfulness : Content



“Pop ups”



Unhelpful

Neutral

Helpful

# Mindfulness : Process



Attention



Awareness



Choice



Intention

\*



Wiser Mind



Wise Action



Better Outcome = Human Curriculum = My Life

# Territory

- Setting the stage
- Why is this important ?
- What gets judged in ourselves and others. (thoughts, feelings, sensations , actions and experiences)
- Pros and cons of judging.
- Compare and contrast Judgment and Discernment.
- Everything exists in a dynamic relationship and is always balancing.

# Judgement and Discernment

|                 | Discernment               | Judgement                           |
|-----------------|---------------------------|-------------------------------------|
| Desire          | Best available            | Final right answer                  |
| Weight          | Balanced + / -            | Negative - - - -                    |
| Initial answer  | Slow down                 | Impulsive/Reactive                  |
| Tone            | Gentle                    | Harsh                               |
| Speed           | Slower                    | Faster                              |
| Mental activity | + + + +                   | - - - -                             |
| Emotional       | - - - -                   | + + + +                             |
| Outcome         | Examine/Appraise          | Glance/Dismiss                      |
|                 | Wiser/Better              | Unwise/Worse                        |
|                 | See gap between it and me | Cannot separate me from my reaction |
|                 | Nuanced Both/And          | Absolute Right/Wrong                |
|                 | Soft and critique<br>✓    | Harsh and criticism<br>✗            |

Do these make me look fat ?



I cant deny my feelings



I don't want to criticize

# Discernment may be the best available ceasefire



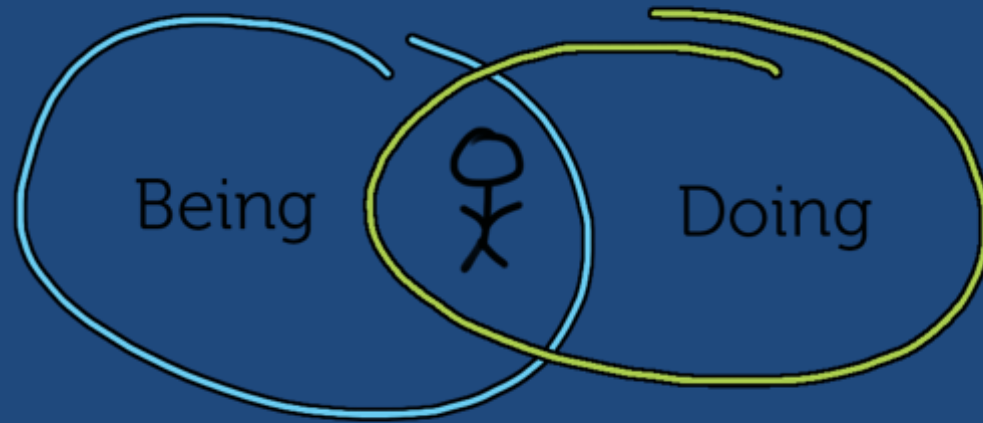
# Territory

- Setting the stage
- Why is this important ?
- What gets judged in ourselves and others. (thoughts, feelings, sensations , actions and experiences)
- Pros and cons of judging.
- Compare and contrast Judgment and Discernment.
- Everything exists in a dynamic relationship and is always balancing.

Joy  
Calm  
Kind  
Ease  
Pure  
Warm  
Peace  
Gentle  
Humor  
Loving  
Rested  
Beauty  
Comfort  
Patience  
Harmony  
Authentic  
Presence  
Grounded  
Connected  
Compassionate



Trust  
Let Go  
Accept  
Engage  
Forgive  
Humility  
Creative  
Curiosity  
Attention  
Empathy  
Intention  
Patience  
Kindness  
Presence  
Slow down  
Don't Know  
Stop pushing  
Non-Judgment  
Beginner's Mind  
Not attached to  
outcome



You are a verb

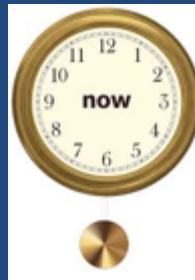
Balance is a verb

# Jon Kabat-Zinn

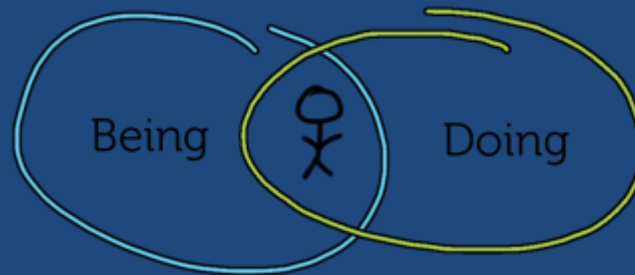
- Moment to Moment
- On purpose
- **Nonjudgmental**
- Awareness
- by paying Attention



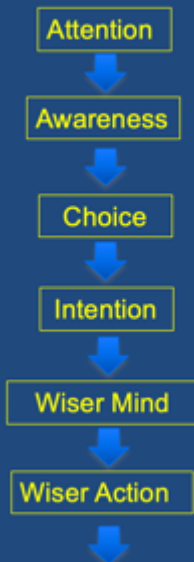
“An **awareness** of one’s **conduct** and the **quality of one’s relationships**, both **inwardly and outwardly**, in terms of their **potential to cause harm**, are intrinsic elements of the culture of Mindfulness” (2011)



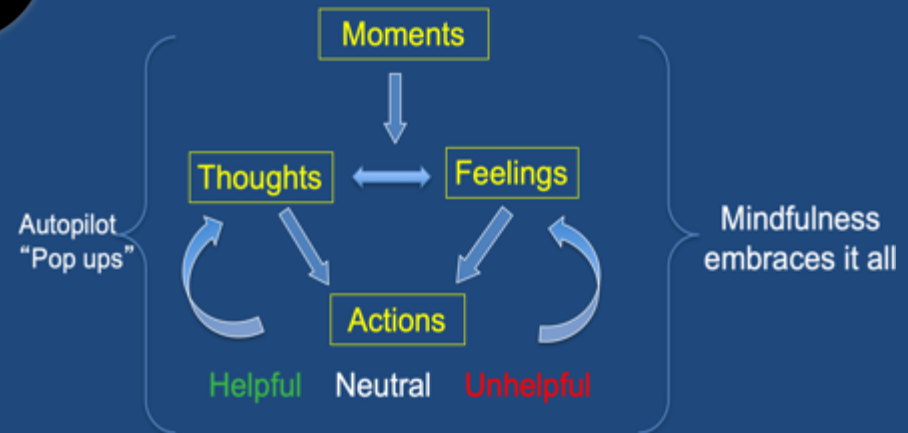
# How am I being while I am doing my doing ?



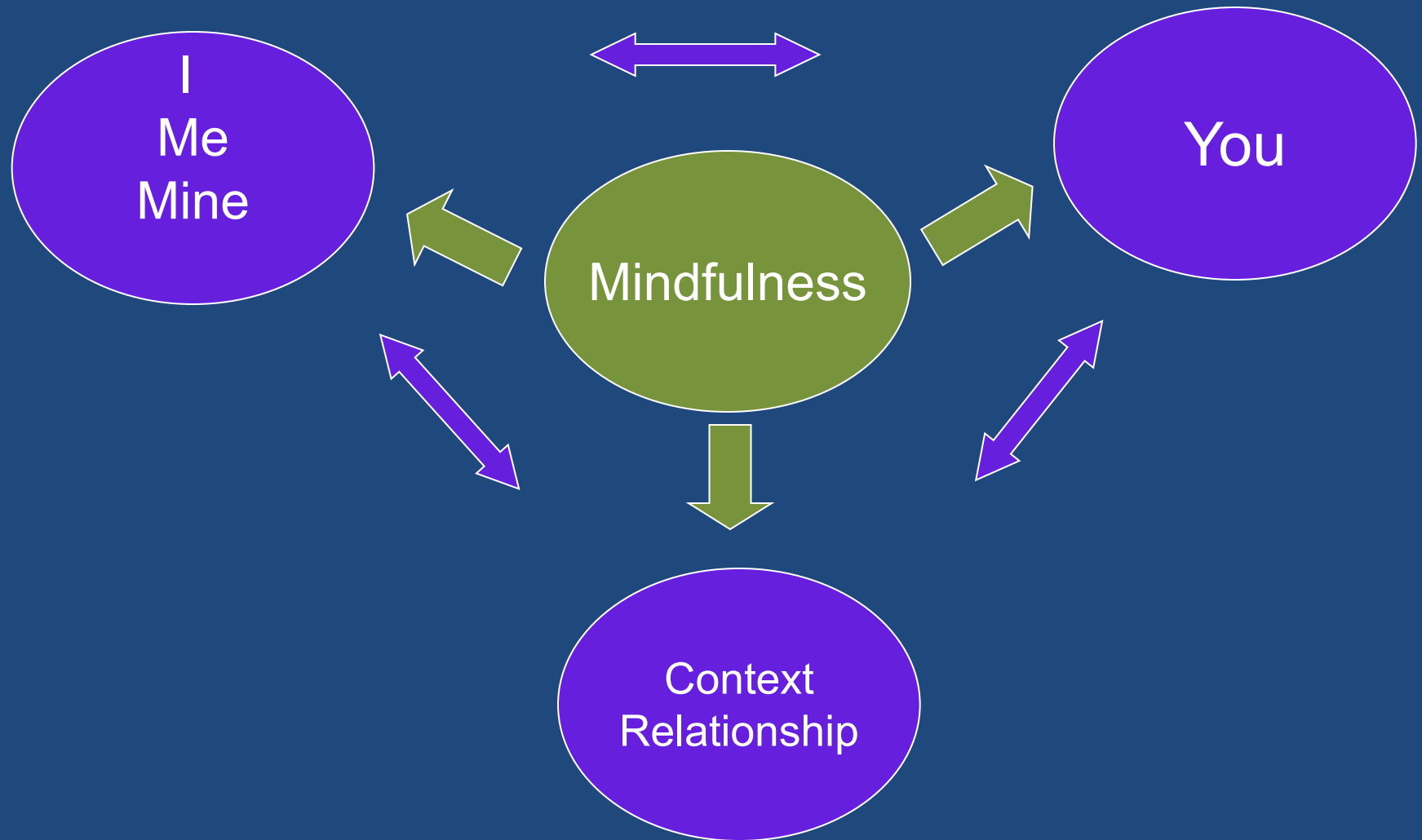
## Mindfulness : Process



## Mindfulness as Content



# What's Mindfulness got to do with judgement ?



# SODA, STOP & RAIN

Stop

Observe

Detach

Awaken



Stop

Take a breath

Observe

Proceed



Recognize

Allow/Accept

Investigate

Natural arising

Thebreathproject.org

WTM

## THE BREATH PROJECT

A teaching site dedicated to helping you de-stress...

[HOME](#) • [ABOUT](#) • [VIDEOS](#) • [HOW TO RELIEVE STRESS](#) • [Q&A](#) • [BOOK](#) • [PHIL'S CORNER](#) •  
WELLNESS THROUGH MINDFULNESS

UPCOMING EVENTS @ Phil's Corner ▶

Wellness Through Mindfulness ▶

A group of local practitioners with an interest in mindfulness have created a free group that is suitable to both new and experienced individuals to the practice.

Dr. Phil Blustein's Medical Website

Medical site dedicated to gastroenterology

The Breath Project: Why Meditate?



## WTM Home

### Wellness Through Mindfulness Calgary (YYC)

Have you ever thought about learning to meditate or practice mindfulness? Now is your opportunity. A group of local practitioners with an interest in mindfulness have created a free group that is suitable to both new and experienced individuals to the practice. The purpose is to create a community of support for everyone. Meditation and teaching sessions on mindfulness will be offered. You can sit on a chair to meditate.



**Please join us!**

**Location:** Shagannappi Community Association 2516 14 Ave SW

**Dates:** 1st Tuesday / 3rd or 4th Thursday of every month. Please check the calendar.

**Time:** 7:15 – 9:15 pm.

