NON-JUDGMENTALLY

♦ See but DON'T EVALUATE. Take a nonjudgmental stance. Just the facts. Focus on the "what:" not the "good" or "bad," the "terrible" or "wonderful," the "should" or "should not."

♦ UNGLUE YOUR OPINIONS from the facts, from the "who, what, when, and where."

♦ ACCEPT each moment, each event as a blanket spread out on the lawn accepts both the rain and the sun, each leaf that falls upon it.

♦ ACKNOWLEDGE the helpful, the wholesome, but don't judge it. Acknowledge the harmful, the unwholesome, but don't judge it.

♦ When you find yourself judging, DON'T JUDGE YOUR JUDGING.