

# Observe Judging with Awareness

## Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



### Judgments

Teaching Points:

1. This path of mindfulness involves learning to open to experience moment by moment, with kindness and compassion towards yourself.
2. The next time you have a noticeably pleasurable or painful experience, See whether you judge the experience as 'good' - if you like it, As 'bad' if you don't like it, or 'boring' - if you don't have any particular feeling one way or the other
3. Mindfulness, the art of being present in a non-judgmental way With whatever is happening in the mind or body, Can help defuse that anger and contraction, Leading to less and less pain Over time

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### Judgments

We can be very emotionally reactive  
especially when we are hurting,  
So part of the practice of mindfulness,  
Is observing the judging with our awareness,  
Of knowing that our judgement is not who we are, or what anything is,  
And over time,  
refraining from judging our judging  
or reacting to our reactions.

This path of mindfulness  
involves learning to open to experience  
moment by moment,  
with kindness and compassion towards yourself.

This is easier said than done,  
Which is why we all need daily practice.  
The next time you have a noticeably pleasurable or painful experience,  
See whether you judge the experience  
as 'good' - if you like it,  
As 'bad' if you don't like it,  
or 'boring' - if you don't have any particular feeling one way or the other

Right now,  
form the intention to suspend your hair-trigger tendency  
to judge everything  
according to whether you like it or not.  
and also your tendency  
to react emotionally  
or fairly automatically

This is not meant to be an ideal  
Just as an exercise to recognize what your mind is doing,  
and to bring into greater awareness when they do arise

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### Judgments

The more we can be present for our experience,  
The less caught up we are in the painful aspects of it.  
We can witness experience  
From a distance, with perspective,  
So that we can choose our best response, with a sense of space and ease,  
Without reacting from a sense of emergency, urgency, or stress.

over time and with practice,  
you may find that being less emotionally reactive  
harshly judgmental,  
becomes more and more our default setting.

You may also find that you are kinder  
and more accepting of yourself, and your experience of pain.  
however they may be.

As you've noticed,  
anger, resentment, fear, self-loathing,  
and contraction  
usually increase the intensity of our pain,  
Mentally and physically -

Mindfulness, the art of being present in a non-judgmental way  
With whatever is happening in the mind or body,  
Can help defuse that anger and contraction,  
Leading to less and less pain  
Over time

Whenever you're dealing with your chronic pain,  
it's important to know and remember,  
that as long as you're breathing,  
there is really more right with you  
than wrong.

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### Judgments

Let me repeat that:  
as long as you're breathing,  
there is really more right with you  
than wrong.

No matter what is wrong,  
Now matter how much pain you're in,  
No matter how dire the situation seems,  
there is really more right with you  
than wrong.

Your work is to remember this,  
And to mobilize all of your interior resources  
to work for you  
to improve the quality of your day to day  
and moment-to-moment life

One of those interior resources  
is opening up to the power of the present moment.

As you've probably experienced before,  
the power of now is enormous.

Yet, for reasons ranging from evolution to habit,  
our minds mostly persist  
in living in the past or in the future,  
in memory or in constant anticipation,  
In worry or in planning.

When you inhabit THIS MOMENT,  
You realize and feel how powerful  
and healing it can be  
Be alive here  
And now.

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### Judgments

When else can you live fully?  
Where else can you live fully?

But it takes practice. That's why this audio can be so helpful for you.  
You can come back to it  
Over and over and over  
As training wheels  
To help you build the habits of present moment awareness  
So that you can incorporate it  
To alleviate physical pain  
And mental suffering

Of course it's easier to show up more  
in the present moment  
as long as it's pleasant.

