Melt judgment with curiosity

Way of thinking, discrimination and conclusion are three definitions of judgment. It is from these definitions I speak about judgment. When judgment kicks in, we are at risk of losing the highest form of intelligence, understanding and connection with others.

The most damaging form of judgment is self-judgment. Our cultural habit is to be harsh with ourselves, which leaves us with no choice but to be harsh with others. It’s a cyclical trap.

We cannot fight judgment or any attitude or emotion. Battle feeds the monster. What we can do is to greet it with our intelligent and gentle friend.

That best friend and our resource for connecting intelligently and kindly with ourselves and others is Curiosity. And you can choose this state when you have the map to get there.

Mia’s observation #1

Curiosity and judgment cannot co-exist in any particular moment. One cancels the other.
(Same story with passion and self-consciousness – that’s another discussion).

Factoid #1

You cannot command yourself into a state or emotion. Emotions don’t speak the same language as the thinking brain. Have you noticed? Emotions hear words as a cat hears his owner “blah blah blah”. Language affects the emotional brain, but not by command and not on its own.

The Yes Approach

Instead of saying no to judgment, say yes to curiosity. The brain doesn’t do so well with “no”
The radically simple, rarely used, reliable secret to choosing your mood is (drum roll) - Say yes to curiosity by discovering your body of curiosity.
The Practice - Discover your brand of curiosity

Recall being in wonder – Feel the delightful curiosity that seeks no answer; a vacation from the cluttered, worried, impatient mind. Like Dorothy in the poppy fields, like a movie – enjoying the pleasure of mystery and surprise, or the moment of witnessing something exotic and beautiful (like the sun in Seattle), waiting to taste the meal served to you in a lovely restaurant.

Once you recall the experience, notice three things

The physical experience. How does your body feel? Light heavy, relaxed, tense; The quality of breathing, the stomach and chest; Any sensation you notice anywhere. This is the curious you.

Your posture. Head position, chest, shoulders…

Notice your emotions if you are good at this. Any contentment showing up?

This process is simple and powerful with guidance. See what you can do on your own. If you need help, invite a group of friends or co-workers and I will help you in a phone session, to melt judgment and heaviness and become light, uplifted…… and attractive.

The daily practice

Now that you know what curiosity looks like for you, take note when you feel it coming on.

Congratulate yourself. Once you become familiar, you will be able to re-create it on the spot, when you’re stuck in judgment or its evil twin - arrogance. This is part of the practice of ontological coaching and how it enhances mindfulness, calm and contentment.

Please, per favore, email me with your experience or questions and requests for a group phone session at mia@makinghealthyhabitshappen.com. (It might even be free). Perche non?

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