

Day 16: Non-Judgmental Awareness



A Guide by
Shree's Essencia

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Day 16: Non-Judgmental Awareness

**Theme: Practice letting go of judgment and
cultivate empathy in your relationships.**

**Story: Shifting Perspectives in the
Family**

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It was another **bright morning** at Sita and Raj's house. The family sat together for **breakfast**, but something felt off. **Sita noticed Avantika was distracted, and Raj was unusually quiet.** There was an unspoken tension in the air.

Avantika had been struggling with her **schoolwork**, and it was starting to stress her out. She hadn't told anyone, but her **frustration was clear.** **Sita, sensing something was wrong, found herself making quick judgments.**

"Maybe she's just being lazy or not trying hard enough," Sita thought.


Raj, always the practical one, noticed the tension too. *"Avantika is just going through a phase,"* he reasoned. *"She's always had ups and downs with schoolwork."*

As the day went on, **Sita's judgmental thoughts weighed on her.** She caught herself thinking, *"Why is Avantika so lazy lately? She needs to be more responsible."*

Raj, too, started questioning Sita's reaction. *"Is she overreacting? Maybe I should step back and see what's really going on."*

Later that evening, as the **family gathered for dinner**, Sita and Raj realized their judgments might be clouding their understanding of **Avantika's struggles.**

Taking a deep breath, Sita shifted her perspective. Instead of assuming her **daughter was irresponsible**, she decided to ask her gently,

 **Sita:** *"Avantika, I've noticed you seem a bit stressed lately. Do you want to talk about it?"*

Avantika looked up, surprised by her mother's concern. She had been afraid to share her struggles with **school**, thinking her parents would judge her. But Sita's tone—gentle and free of judgment—made her feel safe to open up.

🗨️ **Avantika:** *"I've been feeling really overwhelmed with school. I don't understand some of the lessons, and I'm afraid to ask for help."*

Raj, who had been quietly listening, felt a shift within himself. His **initial judgment of Sita's concern as an overreaction** was clouding his ability to truly understand their daughter's struggles.

Leaning in, he said softly,


🗨️ **Raj:** *"Avantika, we're here for you. If you need help, don't hesitate to ask."*

Sita smiled warmly.

🗨️ **Sita:** *"I'm really glad you shared that with me. We'll figure it out together. You're not alone in this."*

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Later that evening, Raj went to **Avantika's room to check on her.**

 **Raj:** *"I'm proud of you for speaking up. We'll support you however you need."*

Avantika smiled, feeling relieved.

Reflection

After the conversation, **Sita felt a deep sense of peace.** By letting go of her initial **judgment** and approaching her daughter with **empathy**, she had **opened up a space for understanding and connection.** **Avantika, who had been silently carrying the burden of stress, now felt supported and less isolated.**

For **Raj, the experience was equally enlightening.** By **pausing and letting go of his snap judgment** about Sita's concern, he had fostered a more open dialogue, leading to a **deeper understanding among them all.**

Activity: Cultivating Non-Judgmental Awareness

1. Reflect:

Think about a recent situation where you judged someone or felt misunderstood by them.

- What judgment did you form about their actions?
- How did it affect your relationship with that person?

2. Empathy Practice:

Choose a relationship—whether with a parent, partner, friend, or child—and practice observing their words and actions today without immediately labeling them.

- Instead of thinking of their behavior as good or bad, try to understand their feelings and perspective.
- If you find yourself forming a judgment, pause and ask, “What might they be feeling?”

3. Gratitude for Understanding:

After practicing empathy, take a moment to express gratitude to the person for their unique qualities or actions. Recognize and appreciate the opportunity to see things from their perspective.

Why Non-Judgmental Awareness Matters?

Non-judgmental awareness helps us step back from our immediate reactions and develop empathy. It allows us to approach our relationships with compassion, fostering deeper connections.

- When we let go of judgments, we open up space for understanding, which strengthens our bonds and reduces misunderstandings.

Closing Thought

By practicing non-judgmental awareness, we create a space for empathy, which fosters **greater understanding and connection.** This practice enhances not only our relationships but also our own sense of peace and compassion. ❤️✨

Guided by the Bhagavad Gita

In **Chapter 6, Verse 5**, Krishna teaches that one must **elevate oneself through self-awareness and disciplined thought rather than being one's own worst enemy.**

Practicing **non-judgment** allows us to remain free from mental biases and conditioned reactions. When we see others with **openness rather than judgment**, we create an atmosphere of understanding and spiritual growth.

Relevance

Judgment creates separation, while awareness fosters unity. When we practice **sakshi bhava (witness consciousness)**, we develop empathy and the ability to see beyond temporary emotions and actions.

This allows for deeper, more authentic connections, where both individuals feel valued and understood.

Thank you!

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