

Here are a couple of passages from the book "A Gradual Awakening", by Stephen Levine, a book about Buddhist meditation. We have edited these passages to make them more concise. The first calls into question the fact that we have a self to be judged.

"Moment to moment the mind, the conditioning, is building some image of who it thinks it is. We think we're the beautiful, pleasant states; we don't want to be depression, anger, agitation, grief, frustration. We're attached to one aspect as opposed to another and, therefore, fail to see the process out of which it's all coming. ... The "I" is reconstructed moment to moment out of our liking and disliking of what is happening in the mind. This acquired judgment of each thing which comes to mind picks and chooses among multiple thoughts and images to construct its house, which is constantly dissolving in the natural flow of mind. The "I" is the façade chosen by mind to represent it. ...What we choose, or what is allowed to remain, we call "I"—believing all the while that this "I", is choosing rather than what actually has been chosen."

The second talks about how we judge ourselves and a Buddhist way to see and handle this.

"The judging mind has an opinion about everything. It selects from the mindflow who it believes it ought to be and chides the rest. It's full of noise and old learning. It is a quality of mind addicted to maintaining an image of itself. It is always trying to be somebody. ... All of the "yes/no's" in our life have contributed to its power, all of the right/wrongs, all of the conflicting ideas of how things "should be". ... But because it is just another process of the mind, it can be brought into the light and let go of. ... When judging arises, if we acknowledge it with a spacious, non-judgmental attention, we loosen its grasp by seeing it with compassion for the process that we are, with a respectful recognition of the enormity of the power of conditioning ... If we are simply aware that the mind is judging when it's judging, and acknowledge it with open, clear attention, the judging mind begins to dissolve."