

## **54. Excuse Yourself From Judgments**

**Beloved Malachi, Katherine Bell, Ph.D.,D.,D.**

**And Barbara “Marrianna” Zimmermann**

What is the Best Way for me to Become Non-Judgmental and Develop Silent Detachment so I can Speak Less and Listen More Carefully with Detached Compassion?

“Well capture yourself Every time you Feel the Judgment factor Raising. Stop and Pause long enough to say to yourself ‘I can Feel Judgment Rising within me and I Feel My Body tighten with it, my Solar Plexus and Heart particularly. I shall pause Long Enough to Breathe and discontinue the communication of this.’

“When you are in the midst of that with another person say to them ‘Excuse me, I am not comfortable with what I am saying.’”

Thank you, Malachi.

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