

## Freedom From The Inner Critic

Nearly everybody has an inner critic inside. It is the part that criticises and condemns us. Whatever you do just isn't good enough and it passes judgment on you in a matter-of-fact way.

The first step is to become more aware of the inner critic – as it is usually just below the surface of awareness. Sometimes, you might just feel a sinking feeling in your stomach or sometimes you may just experience the reaction to the inner critic - feeling not good enough.

Get to know what its saying. Write 'The Inner Critic' at the top of a sheet of paper and over the next 7 days, jot down the messages that come from it. Identify how the voice sounds (probably severe!) and, once this is clear, give it a funny voice, e.g. Donald Duck. This helps to break the old trance state of self-criticism and unworthiness. As you awaken from that trance, you can relax more deeply into love and acceptance for yourself. Using a funny voice also brings in a little playfulness which is a good antidote as the inner critic is deadly serious.

Do not get into a debate with your inner critic. Do not try to defend yourself. Once you enter into this kind of courtroom drama, you are going deeper into trance.

Whenever you experience the inner critic coming up, take a deep breath and relax. Bring your attention to the heart centre, the space inside the chest. Continue to breathe in an easy, effortless way and just watch what is happening inside. Check if unworthiness has been triggered. If so, let the space of the heart expand to include both aspects – the inner critic and the unworthiness – experiencing it just as it is. This is a key to ungluing from that mechanism of the mind.

Heart meditations are recommended because they help us relax into deeper self-acceptance. Remember - you are not your parts. You are the one who is aware of them. When you are no longer identified with this polarity – the inner critic and the sense of unworthiness – you know freedom!

We work experientially with this polarity in a session. It's mind-blowing and highly recommended! In a session, it's much easier to identify clearly and experience what's happening and unhook from it.

*Sometimes I lie awake at night, and I ask, "Where have I gone wrong?"/ Then a voice says to me, "This is going to take more than one night."*

Charles M. Shulz