

# “Claiming My ‘Peace’ of Heaven in 2011”

Today’s Lesson

## Healing The Inner Critic

PowerPoint notes are available at [www.unityofbakersfield.org](http://www.unityofbakersfield.org)

## Healing The Inner Critic



*Be careful of how you judge, for as you judge you will be judged as well. And if you judge then use right judgment.*

–Jesus (Luke 6:37 & John 7:24)

## Healing The Inner Critic

Jesus answered them, “*But I tell you: Love your enemies and pray for those who persecute you.*”

(Matt 5:44)



## Healing The Inner Critic

**WE HAVE MET THE ENEMY AND HE IS US.**

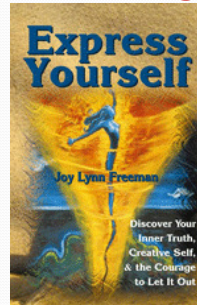


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## Healing The Inner Critic

Each of us has a critic, an enemy, that lives within us. Some may even have more than one. The critic may show up as our mother, father, uncle, aunt, brother, sister, teacher, priest, minister, or some other caretaker we had as a child.

## Healing The Inner Critic



*The inner critic is that harsh and sly character that attacks us at every turn. It has an uncanny ability to hold us back from moving forward in a positive way, from being able to take risks, to love, have fun, or be creative.*

## Healing The Inner Critic

Our inner critic, the enemy within, whispers in our ears:

- *You're not capable.*
- *You can't do it good enough or right.*
- *You should know better.*
- *You should be a better \_\_\_\_\_.*
- *You're too spiritual to be angry.*
- *You should be more enlightened by now.*

## Healing The Inner Critic

Dr. Freeman states that the inner critic operates differently within each person. However, there are certain symptomatic characteristics that always present themselves in ones' life.

## Healing The Inner Critic

- *Fear of making a decision.*
- *Unforgiving of choices made that didn't turn out well.*
- *Intolerance for making mistakes.*
- *Being hard on oneself for not doing things to a higher standard.*

## Healing The Inner Critic

- *Ignoring or telling yourself you should not feel angry, sad, or scared when you do.*
- *Toxic guilt based on prescribed ideals that were never ours to begin with and therefore, hard to live up too.*

## Healing The Inner Critic

Listen and you'll hear the inner critic tell you... *who we should marry, what school we should go to, how we should look or dress, how much money we should make, what kind of car we should drive, what kind of neighborhood or house we should live in, what kind of career we should have, what kind of friends we should have, what kind of people to stay away from, and of course the major one, what kind of parent you should be!*

## Healing The Inner Critic

Dr. Freeman: *Every time we see ourselves falling short of the idealized self, we prove the inner critic correct, giving it more power of control in our lives. And because we judge ourselves to this idealized self-image, rather than our true self, we often short of our perceived expectations.*

## Healing The Inner Critic

Lincoln, when asked by a reporter why he kept company with his critics, said, *“Keep your friends close, your enemies closer.”*

Dr. Freeman writes: *A powerful tool that you can use to transform and heal your inner critic is to turn it into an ally, a friend.*

## Healing The Inner Critic

*Another tool to help transform the inner critic is language. Every time it says something that is critical, declare that it is no longer true and replace it with something nurturing that is in alignment with your true self.*

*The ultimate tool in the transformation process is love. The ability to love all parts of ourselves.*

## Healing The Inner Critic

Here are three affirmative language statements for beginning the process:

- 1. I can and I do deserve to do what I love and to be peacefully productive in doing it.*
- 2. It's okay to have a time of quiet so that my soul can be nurtured.*

## Healing The Inner Critic

*3. Taking care of my spiritual needs is equally as valuable as taking care of the worldly things and will result in the expression of my true self.*

The Unity movement is here because Myrtle Fillmore refused to listen to her inner critic and instead affirmed daily: *“I am a child of God, therefore I do not inherit sickness.”*