

HOW TO KEEP YOUR SELF-CRITICISM

Issues Out of Your Tissues



Five Behaviors to *STOP* immediately!

1

STOP WALKING THROUGH THE WORLD LOOKING FOR CONFIRMATION THAT YOU DON'T BELONG.

You will always find it because you've made it your personal mission to belittle yourself. For example, we're never so much prone to quarrel with others ... as when we're dissatisfied with ourselves.

2

STOP SCOURING PEOPLE'S FACES FOR EVIDENCE THAT YOU'RE NOT ENOUGH.

The truth about who we are lives in our hearts. Our call to courage is to protect our wild heart against constant evaluation, especially our own.

3

REFRAIN FROM BEING OVER-CRITICAL ABOUT YOURSELF.

The critical voices in our own heads can be far more vicious than what we might hear from the outside. Our "inside critics" have intimate knowledge of us and can zero in on our weakest spots.

4

DON'T SEE SETBACKS, DISAPPOINTMENTS, STUMBLING BLOCKS, AND HONEST MISTAKES AS FAILURES.

View them as INFORMATION! They can provide valuable feedback and learning opportunities. Treat them like peelable name tags that can be replaced by belief in yourself, recognizing your worth, remembering your strengths and abilities, and celebrating your status as a spiritual being who can engineer an incredible human experience.

5

STOP USING OTHER PEOPLE AS A LITMUS TEST FOR YOUR OWN SELF-WORTH.

Unrealistic comparisons happen when you compare yourself to other people's 'Highlight Reels.' Hold yourself accountable for your thoughts, choices, and actions. Set up regular check-ins with yourself to monitor your progress and adjust your strategies as needed.



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Five Behaviors to *START* immediately!

1

SILENCE YOUR INNER CRITIC. REPLACE SELF-CRITICISM WITH SELF-KINDNESS AND SELF-WORTH.

Recognizing your dissatisfaction with where you are and addressing your self-critical tendencies are essential for fostering a more positive and life-affirming you!

2

LOOK FOR WAYS TO SIMPLIFY YOUR LIFE AND CHOOSE INNER PEACE OVER OUTER RECOGNITION.

Your ability to detox yourself from worry and unnecessary stress based on outside expectations helps you simplify your life by eliminating the unnecessary so that the necessary can speak volumes. Determine the life style you want, then choose activities that support it!

3

TALK TO YOURSELF AS IF YOU ARE YOUR BEST FRIEND.

Think about how you would talk to your best friend if they were going through a difficult time -- and treat yourself with the same amount of grace, love, and support. Become aware of what you are saying to yourself about yourself ... and make it uplifting, positive, and supportive.

4

MAKE SELF/self CARE A DAILY & NON-NEGOTIABLE PART OF YOUR SCHEDULE.

Self/self care is as important as the very air you breathe! Treat yourself as the extraordinary Being you are by allocating time for a regular spiritual practice and time for guilt-free personal relaxation and care.

5

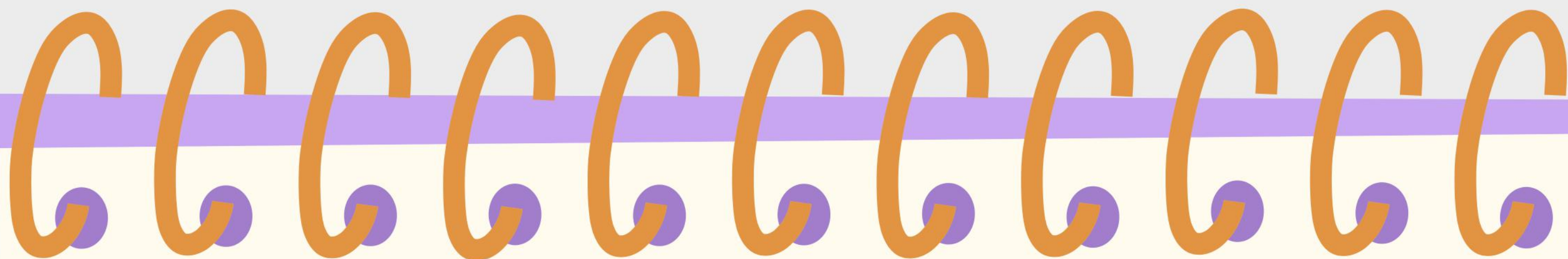
SURROUND YOURSELF WITH SUPPORTIVE AND POSITIVE PEOPLE WHO WANT YOU TO BE SUCCESSFUL.

Building a strong support system can provide encouragement and validation, helping you challenge any self-critical beliefs and adopt more spiritually enriching attitudes.



Practice
GRATITUDE





Spiritual Practice

Ambitious Carding



Ambitious Carding is the psychosomatic process where a particular truth principle surfaces into your conscious awareness to help center you when you face life challenges, disappointments, and setbacks. It is a good spiritual practice to adopt because it helps you stay positive and optimistic.

For magicians, an ambitious card is a card effect where a selected card continually rises to the top of the deck after being placed into the middle of the deck. You've probably seen the trick and wonder how the slight-of-hand works.


What makes ambitious carding work as a spiritual practice is the amount of time you spend in esoteric and metaphysical study. The more you immerse yourself in higher thought, the greater your chances are in 'calling up' the learning. The more spiritual principles and teachings you know and use, the more the teachings will rise to the top when you need them. You'll have favorite teachings, be attracted to life-changing concepts, and remember maxims that have changed you at a soul level.



Here's how it works:

Say to yourself:

"Every time I face a troublesome life situation I'm going to say to myself 'What spiritual principle can I use to give me the wherewithal to handle this situation?'"



It sounds so simple, but it works. Having the intention to purposefully call upon the spiritual principles you know is a prerequisite for drawing them from your memory banks and making recall easier.

These instant reminders are what keeps you on your spiritual path instead of wandering off into the barbs and briars of stray paths.



Ananda

The word Ānanda means 'bliss' in Pali and Sanskrit, as well as in other Indian languages. So, this spiritual practice advocates moments of joy, happiness, and bliss as we connect with our SuperSelf® (Higher Self, Divine Nature, the Eternal Presence, the Ultimate Reality). To achieve a state of extreme happiness, ecstasy and completeness is the essence of this practice.

A state of bliss is being unified with the Universe through your super-consciousness. When you reach a blissful state there is a deep knowing that you are one with all things, and that oneness is at the core of who you are.

Blissfulness gives you a moment to moment spiritual experience that is opening, trusting and softening into each new moment of your life. Samādhi is a state of transcendental bliss. It is the eternally expanding realization that your ego is not real, and that you (the soul, spirit and divine essence) are what is truly real and will never die. Samādhi is a Sanskrit term used in Hinduism, Buddhism, Jainism, and Sikhism that refers to a higher level of concentrated meditation. It is a non-dualistic state of consciousness in which the consciousness of the experiencing subject (the meditator) becomes consciously one with the experienced object (the Eternal Presence).

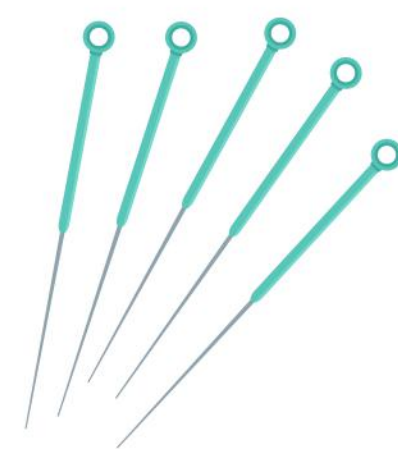
This spiritual practice encourages you to find moments of extreme happiness, ecstasy, and joy whether they occur from meditation experiences, becoming totally absorbed in a sunset or star-studded sky at night, being immersed in a physical and/or mental activity that brings you incredible joy, or experiencing heart-melting music – to name a only a few.



Spiritual Practice

I AM ...

Vocal Acupuncture



Vocal Acupuncture, as a spiritual practice, invites you to use positive affirmations and denials, affirmative prayer, mantras, optimistic phrases, and positive self-talk as often as you can. Build these positivity statements into your spoken words and vocabulary.

Psychologist Barbara Fredrickson, assures us that people who experience more positivity and then voice it become "more optimistic, more resilient, more open, more accepting, and more purpose-driven." She goes on to say that "positivity opens your mind and allows you to appreciate what is in such a way that you want to talk about it which reinforces your positive outlook."



Neuroscientists are telling us that certain positive words – like 'peace' - 'compassion' - 'joy' - 'kindness' and 'love' – have the power to alter the expression of genes throughout the brain and body, turning them on and off in ways that lower physical and emotional stress.

In his bestselling book, *Buddha's Brain*, Rick Hanson says, "Every time you say a positive affirmation, every time you engage in positive self-talk, every time you sift positive feelings and views into painful, limiting states of mind – you build new neural structures. Over time, the accumulating impact of this positive material will, synapse by synapse, change your brain in positive, life-affirming ways."

According to positive psychologists Rowe, Hirsch, and Anderson, another practical consequence of positivity's mind-broadening powers is enhanced creativity. A broad mindset changes the way you think and act in a wider range of circumstances. When you see more, more ideas come to mind, more actions become possible.

As you can see, this spiritual practice offers you mental, emotional, physical, and spiritual health. Positiveness, in all of its forms and expressions, is a centering practice, one that increases your chances of walking the spiritual path on practical, positive feet.

