

2 SIMPLE STEPS TO QUIET THE BULLY IN YOUR MIND

Transcript for the Quieting the Bully in Your Mind video by Linda Leland

Hi everybody! I'm Linda Leland from the Teachers of God Foundation and today we're talking about a really important topic of quieting the inner critic. You're going to find that this changes everything.

I'm going to give you two really powerful exercises to help quiet the inner critic. Before I do that I want to tell you that you can't quiet the inner critic unless you can recognize what it sounds like. You certainly can't work with something if you don't know what it is. That's really important.

You have two voices inside of you.

The first one, the most important one, is your true Self. It is the Self that you came in with. It is precious, lovable, brilliant, perfect, and whole. It is your unique expression of life, God, nature, and it's your real Self. It is still, quiet, beautiful, and it's in every single one of us.

The second voice is your inner self critic. Your inner self critic is louder. It's a bully and a tyrant. Those are the two.

The true self, although it's quiet and still, is still very much intact, brilliant, and there. We really have to make a choice as far as which voice we're going to listen to. One of them is stronger. One of them is running your life and I can bet it's the inner critic because it's the loudest and it's probably the one you're paying the most attention to. The one that starts to run your life is the strongest one, and the strongest one is the one that you feed. You feed it with your attention. The inner critic is the loud one so it does get most of your attention.

There's no way you're going to learn to quiet the inner critic unless you learn to intentionally decide, today, to find ways and make it a point to intentionally neglect the inner critic while paying attention to your true self.

What happened was that we came in beautiful, perfect, and whole, but our early life experience was influenced by other people's inner critics. We're raised by people's inner critics. We're taught by them. The media, if you watch commercials and television, they're really all feeding into that inner critic and telling it how it can be better and how it can be more valuable and worthy.

We learn this, and we develop all these false ways of being. A Course in Miracles calls these false ways of being "your sharp edged children's toys", and says that we need to "put them away". These sharp edged toys that we develop are things like guilt, shame, anxiety, embarrassment, perfectionism, and the list goes on and on. We think that this is who we are. We

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think that these emotions are natural. Our critic tells us that we need them, they keep us in line and they keep all of our ducks in a row. Sometimes we think it's our conscience or perhaps it's constructive. Nothing could be further from the truth.

There's no value whatsoever in this critical voice inside your head. It's punishing and it's degrading. It does nothing to keep you in line. It limits you and it dulls you. It dulls your authentic Self that you came here to be.

Then we do things to numb ourselves. We do things to hide and to quiet this inner critic. Eventually we're split inside. We have this beautiful true self that doesn't get much of our attention but we can recognize it. You know it's in there when you're in nature or certain times when you feel love for another person. That's just a love that lives inside of you. That's the perfection. That's who you came here to be.

We have these split voices inside of us and A Course in Miracles says, "*You can put these sharp-edged toys away.*" You absolutely have what it takes to put them away. You are powerful enough. You have everything you need, but it does have to come from a decision you make."

The first exercise I want to talk to you about is learning to recognize the inner critic. This is a really important exercise and I need you to give it the time that you would give a friend who needed your help to get out of conflict and pain. You would sit with that friend for an hour or two. You'd give them your undivided attention. So, I want you to do the same thing.

I want you to sit, get a card or a piece of paper, get quiet, and take some time to sit and think about what your sharp edged toys are and what they look like in your life. Think about how you go through your day and the voices that pop in. I know that for me, one of mine is never doing enough. That causes me to rush. That causes me to feel less than and unworthy. One of my other sharp edged toys is body image stuff which causes me to sometimes want to hide. I could go on. We all have them.

You cannot quiet these unless you can really get clear on what they sound like. Then when you recognize them, when they come up, you can say,

"I recognize you for what you are. I'm on to you!"

You don't have to value those voices anymore. It is that simple and it does work.

Your critic is still going to speak up - that's okay. It doesn't mean it's not working, but it's your second thought where you have a choice. The second thought that you make is going to start to quiet down the inner critic until it dies of neglect.

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Every time you're in a bad mood or you're feeling depressed, upset, or frustrated, you're going to see that most every single time it is because of that inner critic. That's what causes all of our low feelings and our littleness. This is huge!

We all talk about enlightenment. Every one of us is enlightened. What enlightenment means is that there is a light in you. Light is just another word for the Love and brilliance that is in you. You are enlightened. Being awake is merely to decide to start paying attention to that light. That's the part where you choose. You can't become enlightened, you already are.

I really want you to give a lot of time to that first exercise before we move on to the second one.

Once you do that, the second exercise is the fast track. It is a powerhouse exercise for quieting that inner critic, because this exercise you can do all day long. It happens every single time you interact with another person. It can be your spouse, kids, neighbor, coworker, a perfect stranger, or someone you see on television. Any time you interact with another person, they're your greatest teachers because they are showing you exactly where you locate yourself. They are showing you if you're operating from the inner critic or from your true Self.

When you see another person and you're seeing errors, judging them, thinking they should be doing things differently, or they should be looking differently, that is completely coming from your own inner critic. That is your inner critic. It is not them. That is completely about you.

If you can then choose again to see that they're precious, innocent, whole, and intact, then you're seeing it for both of you. You can see that they've forgotten who they are. If you're seeing that they've forgotten who they are and you're seeing errors, then you've forgotten who you are. Every single time you decide, no matter what the other person is doing. It doesn't matter what they're doing. They're maneuvering through this human experience just like you and me. If you can choose to see that, see their preciousness and see them as whole and perfect, you are healing both of you. That is the fast track to quieting that inner critic within you.

You are enlightened, we just spend most of our day looking in the wrong place. This inner critic will not quiet down without your intentional intervention, without you deciding today, right now, that you're going to take the time and do the work to quiet this voice. It's more important than planning your vacation, your Christmas list, or anything else. You really deserve this exercise and it will make a huge difference in everything in your life.

If this work resonates with you and you would like to continue to work on walking this world more awake, continuing to focus on that light that is in you, that is Love, that is an expression of God, then I highly recommend the 40 Day Program. It is free. It is a forty day commitment with guidance and support where you just focus on the light that you are and you stop letting that inner critic try to solve all of your problems that keep you looping around and staying stuck. It

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was paramount in my life. You will see such huge transformation in just forty days. I couldn't recommend any other program more.

I thank you for being here. I thank you for doing this work. Keep going. I love you!