

**RELEASING GUILT FOR INNER PEACE: A COMPANION
TO 4 HABITS FOR INNER PEACE**

Suzan Quiring

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When we give away our personal power by not believing in ourselves, we end up the victim. Getting to know your inner critic is an important part of growing greater self-awareness to overcome false beliefs and negative thoughts.

This joy turns into a real, authentic, unconditional state of being that never ends. During your meditation time, your mind will be busy as usual until you start getting to know yourself better and your thought patterns. An inner critic is that inner critical voice in your head that is judging, bullying and rejecting you. It can be really noisy!

The first step in ending the real problem we face is to quiet the source of the problem for yourself a break... We were unable to complete your request.