

## NEW Monthly *Inner Critic Study Group* Forming – Begins January 27 at 3 pm Pacific



We all have an Inner critic! WHAT!?! Yep. Everyone has this mental structure that's experienced as a mean internal voice. Argh!

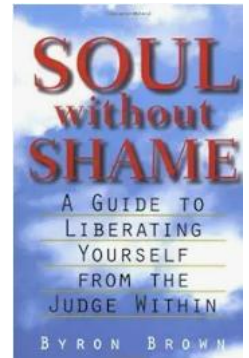
Guess what? This inner voice initially served as a protective role to cope with difficulties in childhood, yet it persists into adulthood.

How? This structure uses guilt, blame and shame to confine who we truly are – our True Nature. It suppresses our spontaneity and aliveness.

### Description of the Monthly Study Group

Each month offers an exploration of our own consciousness and experiences as we read the book.

Typically, we read two chapters a month (less than 30 pages) and then meet over Zoom to share how we relate, or not, to what the chapters describe. The first month, January, we will only need to have read the Forward and Chapter 1.



### How much does it cost to join the group?

1. **Book Price:** The paperback on Amazon costs \$29.20 new. Also check out used book prices from \$4+shipping: Thriftbooks, AbeBooks, etc. (Note: back in 2010 when I first started facilitating these groups the book cost only \$14.25). Audible is a possibility but for me taking notes from an audio book is awkward.
2. **Group Membership Fee:** Payment plans: Quarterly \$90 Half-year; \$180 Jan/\$180 June; Full \$360 Jan Includes 13 monthly meetings over zoom (recorded live). The first month is free. POGO Discount: Join with friend/partner (\$45 for both instead of \$30 each)
3. **Your Personal Cost:** Your time, effort, interest to show up for yourself and the group.
4. **Date, Time, Place:** Starts the January 27th over Zoom at 3 pm Pacific Time (1 ½ hour monthly meetings)

**How to join the group:** Simply email me at [deborah@alivinginquiry.com](mailto:deborah@alivinginquiry.com)

### Facilitator

Deborah Saunders has been facilitating book study groups for the last 15 years as a way to support others as they continue their awakening process.

### Endorsements from previous group members

*The benefits I received from participating in this book group include a greater understanding of the judgmental voice that I hear in my head. I understand where it comes from and realize how much every human being has the same voice in their head. I have much more compassion and understanding for myself as a human being and all my imperfections. It feels like I no longer hear as much judgmental chatter in my head and when I do notice the chatter, I have tools to lessen the hold it has on my life. I feel more freedom, peace, compassion, joy, strength, truth and beauty. I feel more alive in each moment of my life. ~ Rhonda*

*When I first began the Soul without Shame inner critic group, I was unaware of the impact it would have on my personal growth, my relationships, and my life. Through this self-awareness study, I understand who I am, why I am the way I am, like who I am, and how to recognize and dismiss the negative thoughts that so often pop into our heads. I feel like an adult in control of my life and able to represent my true self in all situations. ~ Sue*

*Studying the book Soul without Shame together gave me a new look on the “should” and “shouldn’ts” that I have dealt with throughout my life. In a congenial and supportive group, we learned to recognize more clearly our inner critic. The work we had to do helped us with the skills to deal with his/her nagging voice. Consequently, we became more able to deal with our own truth! It was a boon to me, and the people I have the good fortune to work with in therapy. ~ Joyce, LMFT*

*It opened my eyes; it completely changed and renewed my life. Out of all the classes and practices I've done through the years; I got more out of this book study group than all of the rest. I would highly recommend this group to anyone! ~ Vikki*