

## My Personal Inquiries

### Inner Critic Book – Group Study in 2025

**Facilitator:** Deborah Saunders over Zoom

**Book:** “Soul without Shame: A Guide to Liberating Yourself from the Judge Within

**Author:** Byron Brown

**Publication Date:** Dec 1, 1998

#### Breaking the Trance of the Inner Critic

Liberation Happens with Disengagement

Jan 8, 2025

#### A Fresh, New Look at Our Inner Critic

The Soul Perspective (Chapter 1)

Feb 4, 2025

Short < 6 min video  
intro to the group

#### Let's Stop Viewing Life through a Mental Lens

BEING the Livingness Itself

Feb 28, 2025

#### Living Reality as True Nature

The Essence Beneath the History

Mar 5, 2025

#### Exploring the Perception & Interpretation of Judgment

Is it an Opinion? Is it an Attack? What is it really?

Mar 26, 2025

#### Are You Aware Right Now?

A Moment of Crystal-Clear Knowing (not a thought)

Apr 4, 2025

#### What's Judged? Depends. Who's Judging Who?

A Judgy Mental Structure's on Shaky Ground

Apr 18, 2025

#### Acceptance as the Presence of Being

Not the same as Agreement or Approval

May 3, 2025

#### To Engage or Note to Engage (the Judge aka Super Ego)

NOT!! 1st Become Aware, then STOP Engaging

May 13, 2025

#### Willingness to Be in Life

Surrendering to Inner Truth - I/Thou

Jun 1, 2025

[Being Judgmental](#)

Uncovering the Cover-up

Jun 24, 2025

[Love Anyway](#)

Like Melting Gold, Liquifying Conceptual Thresholds

Jun 26, 2025

[Freedom To Be -- A Never-ending Unfoldment](#)

Recognizing I AM THAT

Jul 10, 2025

[The Juice of the Universe](#)

Essential Strength Flowing through YOU

Jul 15, 2025

[Functioning with Heavy Security Blanket aka Superego](#)

Emotional Dependency with Inner Mother

Aug 3, 2025

[Two Hidden Life Hacks: Joy and Curiosity](#)

Freeing the Heart's De-Light from the Mind

Aug 20, 2025

[Looking Deeper](#)

Who? What? Where? When?

Sep 5, 2025

[Compassion: Kindness Despite Difficulty](#)

Reciprocal Relationship between Truth and Compassion

Sep 21, 2025

[Opening the Lock on Identity](#)

Freeing the Structurization of Space

Oct 7, 2025

[I AM Intrinsic Value - Why the Deception?](#)

Truth Beyond Concepts, Ideals & Other Programming

Oct 28, 2025

[Stop . . . in the Name of Love . . . and Peace](#)

What's Your Strategy? Defend, Disengage, Deprogram

Dec 1, 2025

[Surrender: A Natural Unfoldment](#)

Sans Doer -- Grace Happens

Dec 13, 2025