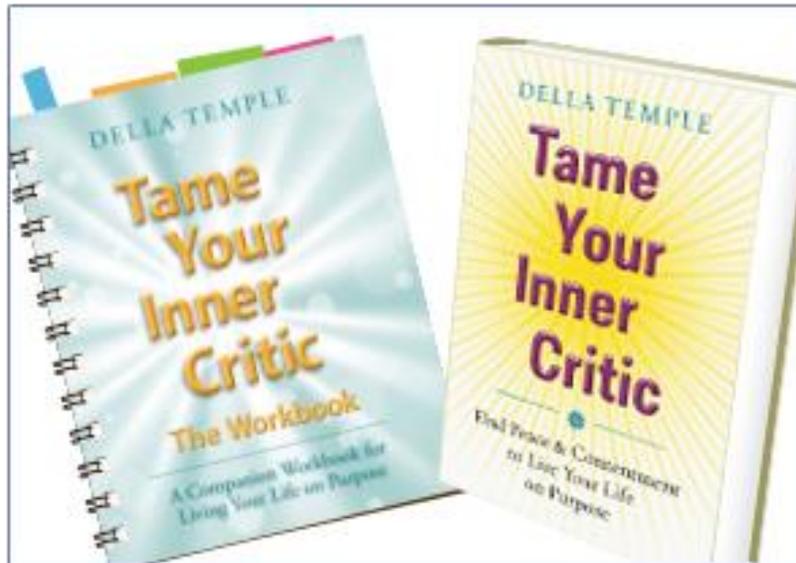


Tame Your Inner Critic

Find Peace & Contentment to Live Your Life on Purpose



Book Club Reader's Guide

Della Temple

Hello Dear Reader,

You are about to undertake a truly amazing process. Taming your inner critic is deep, soulful work, but it is not always easy. You may shed tears as you work with some of the deeper stories of judgment, shame, and external criticism. You may laugh as you uncover hidden truths and banish the energy of “should.” Above all, you will learn how to curb the loud, persistent chatter of your inner critic, replacing it with the voice of your inner guidance, your Spirit. As you do so, your inner world will become a place of stillness and peace. Here you will come in contact with the part of yourself that is connected to the Divine.

On your journey of discovery, your thoughts, feelings, beliefs, words, and actions will begin to support your life’s purpose. That is the joy. That is grace. As you come to know, deep within your soul, that you are living a life full of inner purpose and meaning, you radiate this joy into the world, and that in turn, affects everyone around you.

Blessings, Shine Bright!

Della

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Helpful Hints for Your Journey of Discovery

The following suggestions will bring in ease and grace during the process.

- Be patient. You've had a lifetime to build up your inner critic's voice, so it might take some time to dismantle it.
- Bring an attitude of ease and play to your group meeting time. Work and effort are not prerequisites to living the life of your dreams. Think ease, not effort. Think happy and light, not tight and tense. It's all about the be-ing, not the do-ing.
- The book *Tame Your Inner Critic* is 12 chapters long. Now it could be that you choose to stay together as a group, and work through the whole book chapter by chapter. It could be that you don't. You get to choose. As a first step, I would suggest that you get comfortable with the energy tools presented in the first couple of chapters. Then as a group, you can choose to develop a system that works for you.
- With that in mind, I've given you my thoughts on the full 12 chapters. But after the fourth meeting, when you have your Statement of Being written and feel comfortable tapping and blowing roses, you may choose to skip among the chapters. *Your book group, your choice!*
- Above all – play, laugh, have fun and learn together. It's the best way that I know to tame the inner critic and live a life full of peace and contentment.

Meeting 1

Understanding Energy, Grounding and Centering

Introduction and Chapter 1 of Tame Your Inner Critic

- Thoughts are energy – like everything else on this planet. Thoughts travel and they are sticky.
- Our aura is our energetic body and through the aura we exchange energy with our friends, family, and even strangers we meet on the street.
- The inner critic is a mash-up of all the thoughts, feelings, judgments, criticisms other people have sent our way (foreign energy), and we've accepted as our truth.

Discuss

1. Have you ever felt someone else's energy?
2. Do you sense your aura, the energy space surrounding you?
3. Do you meditate? What's easy, what's hard about that practice?
4. Have you experimented with the grounding cord and golden sun? What do you think?

Play

On page 27 of the book under Energy Pointers, I suggest playing a game the next time you are seated next to someone. See if you can sense where that person's aura ends. Try this out now with your other book club friends.

Share:

Take a photo of your first group meeting – the book club members, the meeting space, the conversations, and the laughter. Share them as individual photos or one big collage on Instagram or Facebook. Send me an email (della@dellatemple.com), and I will post it on the Book Club page.

Tag it: #TameMyCritic #SoulJourney #TameBookClub

Till Next Time

Journal your thoughts from the meeting. Read Chapter 2.

Meeting 2

Your Name Web, Tapping and Blowing Up A Rose

Chapter 2 of Tame Your Inner Critic

- The Inner Critic is the story of who others think we are.
- This voice of self-doubt and unworthiness drowns out the voice of our intuition, our Spirit.
- What came in can go out! There is a way to remove the sticky foreign energy that we've picked up from other people.

Discuss

1. What was the most surprising part of doing the name web?
2. What about tapping? Are you confused? Have you tried it?
3. As we think, so we become. Whom do you want to become?

Play

On page 34 of *Tame Your Inner Critic*, I offer the example of smashing foreign energy to smithereens. Play the game of Squish the Funky Goo together – sit quietly, think of a phrase from your name web that you are ready to let go. Visualize that energy falling to the floor in front of you, then all together – One, Two, Three – Smash it to Smithereens, Squish It – Stomp On It! Have fun, laugh and release it forever.

Share:

Have you given your Inner Critic a name such as Angry Alice or Perfectionist Patty? Share with the group as you bring some group lightness and laughter to this heavy, serious energy.

Tweet and Post your thoughts using one of the hashtags: #TameMyCritic #SoulJourney #TameBookClub

Till Next Time

Journal your thoughts from the meeting. We will continue on next meeting with more of Chapter 2. What tools confuse you? Bring your list of questions to the next meeting.

Meeting 3

Energy Tools Practice Session

Pause and practice – what tools are you using? What’s difficult? Get some help from each other.

Discuss

What’s confusing about the tools? Help each other out so that everyone in the group feels comfortable grounding, filling in with a golden sun, blowing up a rose, tapping, smashing an energy to smithereens.

Play

Watch a YouTube video on tapping together and follow along. Laugh as you tap the top of your head, face and body (especially under the armpits!) No one said this was going to be pretty – but it sure is effective! There are different styles of tapping – some start with what is called a “set up point”, others just get right to tapping. I don’t think it matters so much how you start, or even whether you tap in sequence. The most important thing to me is that as you tap, you tell your story, fully, completely and with emotion. Emotion is the key. That’s what releases the energy blockage. So don’t worry – just do it.

Share:

How’s your inner critic these days? Share together some of the statements that you have been able to release. If there’s one that you are having trouble releasing – ask for group help! That’s what friends are for.

Tweet and Post Tag it: #TameMyCritic #SoulJourney #TameBookClub

Till Next Time

Journal your thoughts from the meeting. Get in the habit of releasing foreign energy each day during your daily meditation. Read Chapter 3.

Meeting 4

Your Statement of Being

Chapter 3 of Tame Your Inner Critic

- A universal truth is this: like attracts like. Each thought or feeling resonates at a certain vibrational frequency and magnetizes to it other thoughts and feelings of the same vibrational family.
- As you think and feel so you will be.
- Heart Traits are messages from your Spirit reminding you of who you really are.
- Becoming comfortable with our positive traits magnetizes to us energies of the same vibrational family.

Discuss

1. Heart Traits – was it easy or hard to name them?
2. Exercise 3.2 the Mirror Exercise is one of the most powerful exercises in the book. Share your experience with the group – what physical trait is the most difficult to love? What personality trait are you having trouble accepting?

Play

Share with the group your Statement of Being – stand tall, speak it well – be proud as you declare who you truly are.

Share:

Group decision time: How would you like to move forward? Will you meet again? Which chapter will you discuss? It's your choice – always.

Tweet and Post: #SoulJourney #TameBookClub leaving my baggage behind. Yipee!

Tag it: #TameMyCritic #SoulJourney #TameBookClub

Till Next Time

Journal your thoughts from the meeting. If you want to follow this guide, the next meeting will be on Chapters 4 and 5. *“We must be willing to let go of the life we planned, so as to have the life that is waiting for us” Joseph Campbell.* What's waiting for you?

Meeting 5

Your Tree of Life, Chakras and Your Life Force

Chapter 4 and Chapter 5 of Tame Your Inner Critic

- Your tree of life is a metaphor for how you express your uniqueness to the world. Is your tree full of your own hopes and dreams or is it full of other people's shoulds?
- Simplifying your life allows you to live a life in alignment with your truth.
- Chakras are the energetic way stations linking our Spirit to our physical body.
- Foreign energy in our chakras restricts the flow of chi, or life force energy.

Discuss

1. Your Tree of Life – Is your life in alignment with your statement of being? What are you willing to do to bring it into alignment?
2. How hard is it to say no and stick to it?
3. Discuss Exercise 4.2 Seeing Energies. Were you able to visualize the energy in the bubble?
4. Do you leak energy out to other people in an effort to be accepted or well-liked?

Play

Saying no and meaning it is hard to do. Role play saying no and having it stick. Play a game of No Tag – the first person asks a question like, “Would you be able to bring cookies to the soccer game next week?” Then the next person answers back with a “no statement”, such as “Sorry, but I can't do it this week.” Go around the table practicing saying no with a smile. Stand in your truth – don't leak your energy out to others!

Share:

Share with the group one thing that you will let go of this month. Hold each other gently accountable for their progress next meeting.

Tweet: Post: and share on social media. Declare to the world what's changing for you.

Tag it: #TameMyCritic #SoulJourney #TameBookClub

Till Next Time

Journal your thoughts from the meeting. Were you raised to say yes to everyone? How do you feel now? Are you still “too nice”? Read Chapter 6 for next time.

Meeting 6

Relationships Part 1

Chapter 6 of Tame Your Inner Critic

- Relationships are the juice, the fodder, for discovering our innate me-ness because through the prism of relating we view ourselves.
- “Between stimulus and response there is a space. In that space is our power to choose our response”. Viktor Frankl
- A protection bubble allows you to be in relationship with other people without taking on their baggage, their foreign energy.

Discuss

1. Are you using the energy tools (blowing roses, tapping, squishing energy)? If not, why not?
2. What do you think about the setting the space exercise on page 111 of the book?
3. You cannot change events that are happening to you, nor can you change the other person. The only thing you can do is change how you react. What do you think of that statement?

Play

Brainstorm together all the things that you can ground. Think of grounding your car, your office desk, your boss’ office desk (!) your teenager’s bedroom. Share and work together to come up with more and more ideas. Think of what this world would be like if everyone and everything had a grounding cord. Remember though - no fair grounding other people – that’s invading their space.

Share:

Have you been developing a library of your feeling states and their associative colors? Share some of your thoughts with the group.

Tweet and Post about your meeting. Tag it: #TameMyCritic #SoulJourney #TameBookClub

Till Next Time

Journal your thoughts on relationships. What did you learn from the group today? Read Chapter 7 for next time.

Meeting 7

Relationships Part 2

Chapter 7 of Tame Your Inner Critic

- Everything in our lives is an outward reflection of how we think and feel on the inside.
- By becoming conscious of a belief we hold, we can change the vibration of it.
- As we grow and change during this journey of discovery, it's important to update our thoughts and feelings around the major challenges we have faced. It's time to get "unstuck" and leave the past hurts behind as we step into who we are in the present moment.

Discuss

1. Do you believe that the people in your life are mirrors reflecting back to you parts of yourself?
2. What's your impression of the personal magnetic template?

Play

On page 134 of Tame Your Inner Critic, under the Helpful Hints section I suggest that as you wake up every morning you say to yourself, " Good morning Sweet Pea! You are mighty fine." Have you tried this? It's silly, it's fun and it makes me laugh to say it. What about you? Can you think of some similar phrases that acknowledge what a great person you are? As a group come up with some fun morning greetings. Start to say hello to each other from this space of fun, play and enthusiasm.

Share:

Reflect back to your Name Web from Chapter 2. Do you see a correlation between some of your inner critic statements and the significant people in your life? Have you cleared some of this foreign energy out of your aura?

Tweet and Post with the tags:: #TameMyCritic #SoulJourney #TameBookClub

Till Next Time

Journal your thoughts on relationships. What did you learn from the group today? Read Chapter 8 for next time. And if you choose to do the suggested Play Exercise at your next meeting, plan on bringing some used magazines to swap.

Meeting 8

Havingness: Key #1

Chapter 8 of Tame Your Inner Critic

- Havingness is our ability to accept all parts of our life while wanting more at the same time.
- Being in gratitude for all aspects of your life, even the no-so-great parts, means you are coming from a space of abundance, not lack.
- If you aren't in gratitude for all parts of your life, if you are resisting something, then you will draw to you more energies in alignment with the frequency of resistance. What you resist persists.

Discuss

1. Discuss the concept of havingness. Do you strive and crave after things or do you accept all parts of your life, even the not-so-wonderful parts?
2. What did you think of the Wanter's Block Exercise on page 146? Have you tried it? If so, what did you experience?

Play

Have a magazine swap. In Exercise 4.3 I suggested cutting out images of your dream life. By now your stack of magazines is pretty worn – you've probably taken all the images that apply to you, but maybe there are some that will help other group members. *But don't share your own clipped images, yet –that's for later on.*

Share:

Share one or two items from your Be Do Have list in Exercise 8.2.

Tweet and Post using hashtags: #TameMyCritic #SoulJourney #TameBookClub

Till Next Time

Journal your thoughts on havingness. What did you learn from the group today? Read Chapter 9 for next time.

Meeting 9

Key #2 The Energy of Money

Chapter 9 of Tame Your Inner Critic

- Money is a neutral energy. It is not good, bad or evil. It just is.
- Money is constantly flowing in and out of our lives, like the ebb and flow of the ocean. Get used to the flow.
- As a society, we have lots of pictures built up around money. Passed down from our ancestors, these stories color the way we view this neutral form of energy. We can use our energy tools to clear out the foreign energy as we learn to treat money as a tool, not a determinant of success.

Discuss

1. Discuss Exercise 9.1 The Name Web of Your Money Life. What was most surprising to you?
2. On page 168 I say, “I’ve come to believe that how I view money is a microcosm on how I view myself. I am worthy. I am worthy of having money.” What about you?

Play

Take out your wallets. Yup. Pull them out and have everyone share a laugh about your money’s home. Is your wallet a welcome home for your money?

Share:

What’s your new money story? Share parts of it if you feel inclined.

Tweet and Post and Tag it: #TameMyCritic #SoulJourney #TameBookClub

Till Next Time

Journal your thoughts on money. What did you learn from the group today? Read Chapter 10 and 11 for next time.

Meeting 10

Keys 3 and 4 Mock Ups and Mindfulness

Chapters 10 and 11 of Tame Your Inner Critic

- When we create something, we always create its energetic form first as a thought or idea.
- This energetic blueprint turns into a physical item calling like energies together in a four part process: getting clear about what you want, being able to “have” it, requesting it, and then waiting in certainty.
- Waiting in certainty is living in the present moment.
- Mindfulness is learning to accept yourself and others exactly as you and they are without judgment. It’s about forgiveness – for-giving-space.

Discuss

1. Do you have parking karma? Do you know someone who does?
2. Are you a mindful person? Are you in the center of your head all day long, being fully present in your life? If not, are you spending time in the past or the future?
3. Is it easy or hard to let go of judging other people?

Play

Practice mindful eating as a group: The practice involves looking at, then eating a bite of food; mindfully. All of your senses are tuned into the food in front of you. Notice how the food smells, what it looks like, the textures and colors. As you take a bite, notice what you notice and after you finish this exercise share your thoughts with the group. For extra credit: Can you describe your experience without using judgmental words? (Not easy to do, but then extra credit never is!)

Share:

Share with the group an item you want to mock up, making sure that as you declare your desire, you do so from a state of havingness.

Tweet and Post with hashtags: #MyMockUp #TameBookClub

Till Next Time

Journal your thoughts about living a life full of peace and contentment. What did you learn from the group today? Read Chapter 12 for next time.

Meeting 11

Your True North

Chapter 12 of Tame Your Inner Critic

- Everything in your life – your relationships, your job, your home – is a product of your thoughts and feelings. You create your reality from the inside out.
- When you are living a life full of joy, gratitude, love and happiness, you are clear of other people’s thoughts, feelings and expectations. You can hear your inner voice, your Spirit, speak to you.
- We are all connected. As you raise your frequency to match your unique purpose, you raise the vibration of the thoughts and feelings you transmit into the world. Think of that. As you think and feel joy and love and enthusiasm, those thought-forms travel from you to others around you. As other people pick up those vibrations, they will begin to match that higher vibration. Like attracts like. Your thoughts are beacons of knowingness, calling back to you events and circumstances that allow you to shine bright and stand tall. And as you stand tall, in your truth, you allow the people around you to do the same.

Play and Discuss

1. Is someone “shoulding” you about your life purpose?
2. Be in gratitude today for all that you have accomplished. Share parts of Exercise 12.4 Review Your Journey with the group.
3. *Discuss whether you want to do your Vision Boards together next meeting or bring them already completed.*

Share

Tweet: and Post about your experiences. Use hashtags: #TameMyCritic #SoulJourney #TameBookClub

Till Next Time

Journal your thoughts on your journey of discovery. Who are you now? What did you learn from the group today? What have you learned from the group over your entire time together? I often call finding your true north a journey of discovery. What have you discovered about yourself?

Meeting 12

Putting It All Together

Party Time!

You've completed this journey of discovery, finding your life purpose and a way to share your unique gift with the world. One of the most important things you can do is be in gratitude for who you are now. Share your blessings with your fellow travelers.

Play and Share: It's Celebration Time!

Discuss: Where you started and where you are now on this journey called life.

Share: Take photos of your Vision Boards and share on social media. Send them to me, and I will post some of them on the website and use them in different blogs.

Tweet and Post: using hashtags **#TameBookClub** and **#SoulJourney**

Celebrate – be in gratitude