

LETTING GO OF JUDGMENTAL THOUGHTS

THOUGHTS ON A CLOUD

We often judge ourselves because we don't think "right" or act "right" and we become critical of our inner experiences. However, our inner experiences are private and nothing that we should be ashamed of. Thoughts are just thoughts, they come and they go. No one thought stays forever. Write down your inner thoughts and each time you write one down, close your eyes, and imagine blowing them away on a cloud.



Pro Tip: Be sure to listen to the meditation "Letting Go"



SIMPLY BEE