



Artie Wu: The Four Channels of the Inner Critic



Artie Wu is a 30-year meditator who founded Preside Meditation in 2011, to teach a diverse array of methods and help people manage, heal, and empower their inner voice. He holds degrees from Harvard and Stanford, has taught over 100,000 students globally, and gives lectures at numerous schools and medical centers. Find out how self-negativity and an overactive inner critic develops, it's origins, and how to recognize, address and transmute these patterns.

TOP EMBODIMENT TIP: Awareness equals choice.

Inner Critic and Self-Negativity:

- The “fire in the belly” quality that can accompany the inner critic can be beneficial, but only to a point.
Taken too far, self-negativity can also create enormous suffering.
- The pressure and containment of the pandemic has been fueling the inner critic and self-negativity.

Level One: Where does Self-Negativity come from?

The Four Channels of the Inner Critic:

- **Competence**- There are some skills I should be better at, and I'm not, so therefore I'm **unworthy**.
- **Body**-There's something intrinsically wrong with my body, so I feel less than and **unlovable**.
- **Identity**- There's something intrinsically wrong with who I am as a person and I **feel less than**.
- **Relationships**- I'm only lovable based on certain conditions. **I'm only lovable if:**_____.
- Everyone has all four of these channels, but have uniquely different percentages and components of them.
- We use shielding and soothing as mechanisms to protect from being hurt and to numb the pain of the “4-Wound.”
- **We can engineer, exchange and optimize our shielding and soothing mechanisms.**

Level Two: What is the Mechanism of Self-Negativity?

The Mechanism of Self-Negativity is through Language:

- Language patterns of self-negativity are an **inherited phenomenon**, back through the generations.
- **Language based Emotional Wounds:** blame, ridicule and sarcasm, comparison making, control, silence enforcement and image enforcement, create the 4-Wound.
- Techniques to diffuse these self-negativity patterns are shared.

Level Three: How do we Begin to Heal a Wound at its Deepest Cause?

- Emotional Wounds Have Two Parts: the actual wound itself and the capability that was lost from the wounding.
- **Approach To Healing:**
 - Identify the key lost part and recover it, unleash it, take its counsel and give it discretion.
 - The best soothing mechanism is to find and follow your purpose and your bliss.
 - The Key to mitigating rumination and worry is primarily a question of tempo.

Resources

- ❖ **Courses:** [The Path of Healing](#), [Live Sacred Space Sessions](#)
- ❖ **Website:** presidelifelife.com



All Leadership & Business Presentations are Proudly Sponsored by [Michelle Boulé](#)



[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.

CONNECT WITH MICHELLE: **Website** michelleboule.com **Instagram** [@michelle.boule](https://www.instagram.com/michelle.boule) **LinkedIn:** [Michelle Boulé](#)

Interested in securing **LIFETIME ACCESS** to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

Get lifetime access now