EYE LOG REMOVER: **Mike Foster MA, Inner Peace Coach, Peace@RecoveryByDiscovery.com, (301)-668-9965**

When I am Upset, I am somehow *Judging* myself.

I can Easily Transform my Upset, to Healing Energy, by Saying: *"I Forgive Myself, for Judging Myself, Others, or God, as any NAME."* [*NAMES* that I call Myself, Others, or God]. Example: *"I Forgive Myself for Judging Myself and others as Ignorant SOBs."*

My Pride tries to forgive gone events, or just forgive others, to be superior, but If I Forgive myself, for judging that one NAME enough times, Anyone can Call Me that NAME, and I will Still be at Peace.

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