



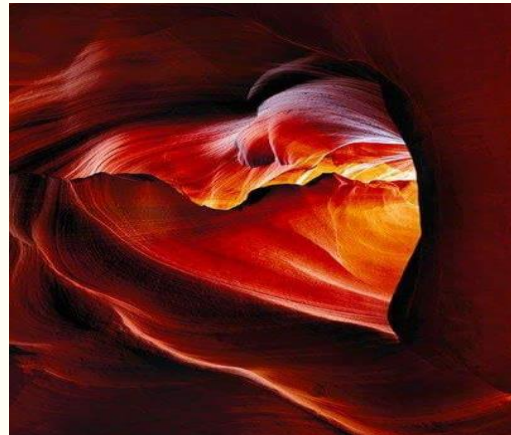
THE DIAMOND APPROACH[®]

OPENING THE HEART TO LOVING KINDNESS

- *Do you long for more intimacy and connection in life?*
- *Do you use hardness, distancing, or anger to protect your heart?*

In this talk, we will explore compassion, a heart quality. The conventional view of our culture is often, to either avoid or overcome the pain and suffering we are bound to encounter in life. We will discuss how true compassion, became blocked when we developed barriers around our heart to defend and protect the sensitivity, kindness and gentleness that is naturally there. This in turn blocked our aliveness, and our availability to ourselves and others.

Join us as we explore the role of compassion on the spiritual journey and in our day-to-day life, as well as how to open to the loving kindness that is naturally available. As we open to our sensitivity, our heart instinctively opens as well.



**SUNDAY, NOVEMBER 6,
2022**

2:00 p.m.-4:00 p.m.

LOCATION: Online

**COST: NO FEE – For more information write
andersonannettes@aol.com**

REGISTRATION – VIA LINK:

<https://us02web.zoom.us/meeting/register/tZ0ud-2vqzwwqGdLjXnpflgCeJKhyhB6hmPgy>

The afternoon will include a talk, an inquiry, & an opportunity for questions and answers.

TEACHER: Ben Centanni has been a student of the Diamond Approach since 1999, and a teacher since 2016. He is also a public school teacher in Santa Cruz, CA. He is originally from New Orleans.