

# A TEACHING ON THE INNER JUDGE

Saturday, April 15th

10AM-5:30PM (lunch break at 1PM)

Cost: \$60

Location: Arlington Court Suites

Washington Room (mezzanine level)

1200 N. Courthouse Road, Arlington, VA

Taught by: Allan Whiteman & Zarina Maiwandi

Our fundamental nature is not conditioned by our history, and is beyond what our mind can conceptualize. When we wake up to the desire to know this truth of who and what we are, however, the first difficulty we often encounter is completely a product of our history, and of our usual understandings of ourselves and the world—this is the “inner judge,” the voice that never leaves us alone, is always evaluating us, commenting on us, criticizing us, telling us what kind of person we are.

Doing spiritual work often involves seeing the profound limitations of this usual frame of reference; the inner judge keeps us locked into our familiar sense of who we are, and limits our discovery of what we can become. This daylong teaching on the Diamond Approach® understanding of this process will be a support for us to recognize and begin to separate from the grip of this pattern, so we can be free to follow our deepest desire.

**To register or for more info contact: Zarina ([zwm3@caa.columbia.edu](mailto:zwm3@caa.columbia.edu))**