



A Diamond Approach Perspective

BREAKING FREE!

From The Inner Critic

Do you feel drained, numb, heavy, pushed around or silenced by the harsh inner voices that tell you what you should or shouldn't be or do? The inner critic isn't just a voice in your head—it's an energetic pattern that constricts your aliveness and uses your own life force against you.

Join us for a weekend of exploration into the roots of self-judgment. Through meditation, in depth talks, inquiry and experiential exercises, we'll uncover where the inner critic comes from, how it shapes your sense of self, and how to loosen its grip.

Diamond Approach teachers Deanna, Stephanie, and Seth will guide you in breaking the hidden chains that keep you from living freely while helping to reconnect you with your deeper nature.

For more information and to register, contact:

Deanna Osborne deanna.r.osborne@gmail.com. or 970-214-7919. Cost: \$195

Date: Sept. 6-7,

Time 10am-1pm, and 2:30 -5:30pm; Colorado Ridhwan Center: 6783 Baseline Rd., Boulder, CO 80303



Deanna Osborne



Stephanie Ehret



Seth Watson