



## Freedom from ‘Who and What We Take Ourselves to Be’

*A Free Online Event Open to the Public*

Our self-images are based on our personal history. They are impressions left on the soul from repeated experiences through time. They create images that we relate to and strongly identify with. We feel, perceive, and interact with people and the world through these ideas and self-images. And it is such a total experience that we don't see or feel it... we ARE it.

When we begin to see that these images are not entirely accurate, they start to relax, enabling us to perceive ourselves with greater openness and freedom. We become more spacious, empty of ideas and open to the ground of our True Nature and the many aspects of our Being.

In this free two-hour webinar, Annette Anderson will guide you in an exploration of the role our self-images and identifications play in opening us to our essential nature. Inquiry, the main practice of the Diamond Approach, will support and invite greater insight and understanding. There will be an opportunity for meditation, discussion, experiential exercises and group discussion.

**DATE:** June 22, 2025

**TIME:** 2:00 pm – 4:00 pm; (All times listed in Central Daylight Savings Time)

**FEE:** Free and Open to the Public

**LOCATION:** Online Zoom retreat

**CONTACT:** For further information please contact [Annette Anderson](#).

**[Register Here](#)**

**Annette Anderson** will lead the retreat. Learn more about Annette [here](#).