

WORKING WITH THE INNER CRITIC

A 5-Part Series

We will explore the Inner Critic (AKA: Voice of Judgment, The Judge, Superego) and learn how to recognize it, understand the influence it has on our lives and well-being and how to separate ourselves from it. The Inner Critic blocks the Truth of who we are, our essential nature. You will learn and practice various techniques to further your understanding and your ability to disengage from your own unique Inner Critic.

These classes are intended for people who are new to this type of exploration as well as those who want to go deeper into this work; students as well as non-students of the Diamond Approach are all welcome. Please feel free to invite your friends and family members.

Classes: Tuesdays, October 15, 22, 29; November 5, 12, 2019

Time: All classes are 6:00-9:00pm

Where: Colorado Ridhwan Center, 5869 Marshall Dr., Boulder, CO 80303

Cost: \$160 for the 5-Part series (with a sliding scale option)

Option: You can come to the Oct 15 Class #1 for \$20 to “check it out”

Jeff Truesdall and Lyn Ciocca will be your teachers. Jeff has been a student of the Diamond Approach since 1987 and has been a teacher since 2014. Lyn, a Diamond Approach Student since 2001, has been a teacher since 2017. She has taught numerous classes on the Inner Critic.

For more Information or to Register: contact Jeff: jefftrues@comcast.net or
Lyn: lynciocca@gmail.com, ph: 303-241-9950

The Diamond Approach is a path of wisdom that teaches practical methods of how to investigate reality, work on ourselves and connect to our spiritual nature. Its aim is to discover the deepest truth of what it is to be authentic and truly human. Further information can be found at diamondapproach.org.