



THE DIAMOND APPROACH

Liberating Yourself from the Inner Critic

AN INTRODUCTION TO THE DIAMOND APPROACH

A basic spiritual orientation is Love for the Truth. However, as we engage with a spiritual path we inevitably come across a particular obstacle, an inner agency that is constantly judging our experience as good or bad. This psychological structure limits our ability to be with our experience in the now.

Join us Saturday for an all-day teaching on how to become more aware of the superego, our inner critic, as an important step to freeing ourselves from its unconscious and oppressive hold on us.

To support your process with this teaching a small group led by a Diamond Approach teacher will follow on Sunday. This format offers an opportunity to practice Inquiry, the primary practice of the Diamond Approach.

Saturday All-Day Teaching
December 12, 2020, 10am-5:30pm CT

Sunday Small Group Inquiry
December 13, 2020, 10am-12pm CT

Location: ZOOM

COST: \$160 – If you need financial assistance, please contact Ben or Dale.

Registration: For more information and to register contact Susan Josephson at suejo@bellsouth.net

985-773-8882 or
crescentcityconsortium.com

TEACHERS

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. bencentanni@gmail.com

DALE SIDES has been teaching the Diamond Approach since 2004. He has taught and assisted groups in California, the Midwest, and Europe. He lives in San Francisco and is originally from Baton Rouge.
dsides@earthlink.net

New Diamond Approach Group Forming:

We currently meet on a weekend (via Zoom) four times per year to present introductory teachings of the Diamond Approach.

WHAT TO EXPECT: This all-day workshop will include meditations, talks, and a chance to practice inquiry, the primary practice of the Diamond Approach.

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