



OPENING THE HEART TO LOVING KINDNESS

- *Do you long for more intimacy and connection in life?*
- *Do you use hardness, distancing, or anger to protect your heart?*

In this talk, we will explore the heart quality of compassion. We will discuss how true Compassion, as well as our heart, became blocked when we protect ourselves from feeling pain and hurt. We developed barriers around our heart to defend and protect the sensitivity, kindness and gentleness that is naturally there. This in turn blocks our aliveness, and our experience of ourselves and others, limiting what is available in life.

Join us as we explore the role of compassion on the spiritual journey and in our day-to-day life, as well as how to open to the loving kindness that is naturally available. As we open to our sensitivity, our heart instinctively opens as well.

Sunday, February 17, 2019 - 2:00 p.m.–5 p.m.
2204 Lorraine Drive,
Carrollton, TX

COST: No Fee

REGISTRATION-MORE INFORMATION: [Terry Stevens: evensterry@gmail.com 817\) 689-8204](#)

The afternoon will include a talk, an inquiry, an opportunity for questions and answers, and refreshments.

TEACHER: Annette Anderson, is a certified teacher of the Diamond Approach. She lives in Dallas, TX, and teaches with the Gulf Coast Diamond Approach.