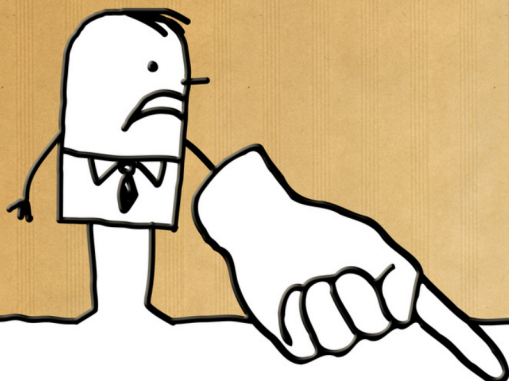




Free Yourself from the Inner Critic



Free Online Intro Talk

Wednesday
February 15

6:30 - 9:00 pm
Hawaii time

ONLINE WORKSHOP

Saturday March 18, 10:00 am - 12:30 pm, 2:00 - 4:30 pm

Wednesday March 22, 6:30 - 9:00 pm

Saturday April 1, 10:00 am - 12:30 pm, 2:00 - 4:30 pm

Wednesday April 5, 6:30 - 9:00 pm

Follow-up meeting: Wednesday June 7, 6:30-9:00 pm

All Hawai'i time

Fee: \$300 for the series

The inner critic is a tenacious layer of the personality that prevents growth, inner peace, and freedom. It does this by criticizing you, putting you down, and attacking you over and over for mistakes you make. It sets up unreasonable goals, then moves the bar higher. For the inner critic, you are never good enough, yet it really doesn't want you to change either.

The Diamond Approach has a highly effective methodology to free yourself from this force. In this experiential process, you will come to understand why the inner critic formed, identify the particular prison yours keeps you in, and gain the beginning steps to the process of disengaging from this oppressive force.

The Diamond Approach is a path of wisdom, an approach to the investigation of reality and work on oneself that leads to human maturity and liberation.

Registration and information:

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