

WORKING WITH THE INNER CRITIC

An Introductory Evening and 4-Part Series

We will explore the Inner Critic (AKA Superego, Voice of Judgment, The Judge) 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.

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.

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. Diamond Approach students, please feel free to invite your friends and family members.

Free Intro Session: Monday, May 6, 2019 - 6:30-8:30PM

Classes: Monday May 13 and May 20, Tuesday May 28, Monday June 3, 2019

Time for Classes: 6:30 to 9:00PM

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

Cost: \$140 for the 4-part series (with a sliding scale option)

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 2016. 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

For further information about the Diamond Approach: diamondapproach.org