

## The Retreat

### **Dethroning the Inner Critic: A 5-Part Ridhwan Online Retreat**

The Super Ego—the relentless judge, the inner critic, the force that keeps us bound in outdated beliefs and limitations. It whispers in your mind, shaping your choices, restricting your freedom. But what if you could dismantle its grip and step into a deeper truth?

Join us for a 5-part online retreat with certified Ridhwan® teachers, where we will illuminate the nature of the Super Ego and transform its hold into a gateway for presence and essential unfoldment.

Through experiential practices, inquiry, and wisdom teachings of the Diamond Approach, you'll learn how to:

Recognize the Super Ego's voice and loosen its tyranny

1. Cultivate inner support for liberation beyond self-judgment.

2. Access the freedom of Being where real transformation occurs.

This is an invitation into radical self-discovery.

Are you ready to meet yourself beyond the voice that limits you?

The Golden



**For retreat booking and further information contact:**

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Meirav Schreiber and Sean Menzies are both certified  
Diamond Approach® Teachers.



## 5-Teachings

## 5-Integration Meetings

### The Golden Fields - Ridhwan Group

## The Retreat - Super Ego

**1. September 14** - Tyranny vs Freedom

**2. October 12** - Projecting our judgements on to others

**3. November 9** - Self-Attack

**4. December 14** - Bringing compassion to disengage from the Super Ego (The Green Friend)

**5. January 11 2026** - Bringing our true strength to defend against Super Ego attacks (The Mahakala)

**Time:** 5:00 p.m. To 7:30 p.m. CET

**Price for the entire series:** €200,00

**Location:** Zoom

\*On booked participants will receive a confirmation email and Zoom invitation for the entire series and the Integration Meetings.

## Integration Meetings -

This retreat includes 5 Integration Meetings:

**Dates:**

**1. October 5**, Integration Meeting #1

**2. October 26**, Integration Meeting #2

**3. November 30**, Integration Meeting #3:

**4. January 4, 2026**, Integration Meeting #4

**5. TBA**, Integration Meeting #5

**Times:** 5:00PM to 6:00PM CET

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