

JOYCE LYKE

MANAGING THE INNER CRITIC AND APPRECIATING THE PARENT YOU ARE

"Nothing has activated my 'inner critic' more than becoming a mother; working with Joyce and witnessing other's work, is helping me to accept myself and the kind of mother I am, not the superhuman mother my 'inner critic' demands."

— Student from UK

Parenting is challenging enough without the feedback and inner dialogue you often hear from the internalized voice of your Inner Critic. The Inner Critic is a main barrier to being able to be present to yourself, accepting the parent you are.

We developed these voices from our childhood upbringing, from your parents or caregivers. It can have the same harsh tone and demeaning message you heard when you were young, repeating the same pattern with your children today.

**As parents, this inner critic becomes a barrier
to being present for your children.**

In my work with parents, I find the 'inner critic' to be one of the main blocks to experiencing the joy of parenting. Parents can be very hard on themselves; expecting perfection, judging themselves in countless ways. When this internal voice quiets down you allow the Presence of the moment to arise, making real contact with your children.

In this webinar:

- o You will understand and explore how you criticize your own parenting.
- o You will learn to recognize what your internalized voices are saying and begin to disengage from them, bringing inner peace to your experience.
- o You will learn and explore how the inner critic developed, and look into what were some of the criticisms you experienced in your own upbringing.
- o You will open to the possibility of becoming more present, kind, compassionate, and loving of yourself, and in turn begin to enjoy the contact in those precious moments with your children now.
- o Your Presence allows your children's Presence to come forth.

This weekend webinar will be both instructive and experiential. It will include provocative lectures, meditation and sensing practices, open-ended Inquiry (a practice of deeply exploring your immediate experience), and time for questions.

DATE

November 9 & 10, 2019

TIMES

**Saturday and Sunday
10:00am – 1:00pm PST**

COST

\$125 US

You can register for the course by going to webinars section of Joyce's website:
ParentingtoAwakening.org