



# DIAMOND APPROACH® OTTAWA

# STOP!

## IN THE NAME OF LOVE

A Diamond Approach Seminar  
How To Disengage From The Inner Critic

One of the most personally devastating mental activities is that of attacking one's self. Personal growth can be greatly hindered by the negative judgments of the attacking inner voice. This Inner Critic or Super Ego is largely unconscious and is the inner coercive agency that stands against the expansion of **awareness and inner development**.

This sophisticated and tenacious layer of the personality is what we first encounter and continue to encounter on our **inner journey**. Its main job is to keep the status quo, to prevent us from moving beyond our ordinary sense of ourselves toward who and what we truly are.

The Super Ego or Inner Critic creates great pain and suffering as it limits our experience, squashes our dreams, and keeps us in check. In this seminar we will begin and continue the process of identifying, understanding, and **disengaging** from the Super Ego. Using the teachings and methodology of the Diamond Approach, we will disengage from this layer of our personality which keeps us trapped in our usual sense of self.

**DATES:** April 5, 6, & 7, 2019

- **Friday, April 5** 6:30pm – 9:30pm  
(registration begins 5:45pm)
- **Saturday, April 6** 10:00am – 6:00pm
- **Sunday, April 7** 10:00am – 6:00pm

**LOCATION:** Saint Paul University  
223 Main Street, Rm L-228  
Ottawa, ON K1S 1C4

**TEACHERS:** Lisa Barrett and Carolyn Cerame

**COST:** \$425 + HST  
\$300 + HST Full-time students

**CONTACT:** For registration and information, please contact  
Lisa Barrett at [2simplybeing@gmail.com](mailto:2simplybeing@gmail.com)

**ADDITIONAL 2019 DATES:** • June 28, 29, 30  
• September 5, 6, 7, 8

*“ The human being is a wonderful mystery, the more we know about this mystery the more we realize how little we know. This only impels us to look further, to explore deeper, and to investigate in newer ways. It is a joy to know ourselves and others, to actualize more of our infinite possibilities, and to extend our humanity to its farthest horizons. ”*

- A.H. Almaas

The Diamond Approach — [www.diamondapproach.org](http://www.diamondapproach.org)

A path that engages and leads to the discovery, development & preservation of the Human Essence.