

Free Yourself from the Inner Critic

Weekend Workshop
Johannesburg 8-10 June
Cape Town 15-17 June



**What's wrong with you?! ... You really messed that up! ...
How can you be so selfish?! ... You were too much, as usual!**

Sound familiar? Those inner voices nit picking, criticising and judging. This is the inner critic or superego. It causes pain and suffering as it limits us to what is familiar and safe, creates tension in our bodies, squashes our dreams, and keeps us in check. We can spend a lifetime explaining ourselves, feeling bad, guilty or shamed, attacking back, or trying to minimise, transcend or spiritualise it. These approaches seldom change much.

In this workshop we will turn towards the superego rather running from it or avoiding its attacks. By feeling and understanding its effects, we will begin finding what it actually takes to liberate ourselves from this painful and limiting activity.

Johannesburg
Cape Town

8-10 June, Perch Coworking Space, 37 Bath Avenue, Rosebank
15-17 June, Centre for Coaching, UCT Graduate School of Business
Breakwater Campus, Waterfront

Time
Fee

Friday 7-10pm, Saturday and Sunday, 10am to 5pm
R2100

Contact

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Dominic Liber teaches the Diamond Approach in the UK and South Africa. He has worked with and taught inquiry, meditation and other personal development modalities for 25 years. He worked as an actuary before becoming a Diamond Approach teacher



Kyo Verberk teaches the Diamond Approach in Holland, Germany and South Africa. She has been a student of the Diamond Approach since 1992, and worked with people for 35 years individually and in groups exploring what optimizes human development.