

LIGHT-HEARTEDNESS: A SUPPORT FOR THE SPIRITUAL PROCESS

Spiritual work is serious business, right? Certainly it can be the most important and profound endeavor we will undertake. But who says we need to be somber about it?

In this teaching, we will look at the quality of light-heartedness and how it is useful in supporting the spiritual process. Light-heartedness can be a useful conduit to dis-identification with the ego-self as well as an access to essential joy.

This evening will include a talk, interactive Q&C, and a chance to look personally into this question in an experiential way.

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MONDAY APRIL 23, 2018
7:00 p.m.–8:30 p.m.

LOCATION

THE JUNG CENTER
5200 MONTROSE BLVD., HOUSTON, TX 77006

COST

\$15 Jung Center Members, \$20 Non-Members

REGISTRATION

<https://junghouston.org>
<http://diamondgulfcoast.com>

TEACHER

Gina Crago has been teaching the Diamond Approach for twenty-two years. She first encountered the practice forty years ago while studying spiritual traditions in Boulder, Colorado. She currently teaches in Texas, Colorado, Massachusetts, and California, and has degrees in fine art and counseling psychology.