



## DISCOVERING THE POSSIBILITIES OF OUR HUMANNESS

We cannot really imagine what awaits us beyond the prison of our history, our self-images, and our deep assumptions about reality. The good news is that our fundamental nature cannot be conditioned by our history, or our ideas about who we are and what reality actually is.

When we wake up to the longing to know this truth and begin to do inner work, the first difficulty we encounter is completely a product of our history. This is the inner critic, the judge that is always evaluating us, commenting on our looks, our intelligence, our actions and skill in the world. It tells us who we are -- or should be. It is the voice that never leaves us alone and that keeps us locked into our familiar sense of who we are – and limits our discovery of who we might become.

Please join us in this newly forming New York Area Diamond Approach group for a weekend exploring the Diamond Approach understanding of our deepest potentials which support us in recognizing, identifying, and separating from the grip of this pattern of self-judgment so we can be free to follow our heart's deepest desire, coming to know the expansive possibilities of our humanness.

**DATE:** January 11-12, 2020

*2020 Additional dates:*

*April 25-26, 2020*

*May 23-23, 2020*

*July 18-19, 2020*

*October 24-25, 2020*

**TIME:** 10 a.m. – 5 p.m. Sat. & Sun.

**LOCATION:** TBA

**COST:** \$250 for the weekend teachings

**REGISTRATION:** Contact Noell Goldberg  
noellgoldberg@gmail.com

### **DIAMOND APPROACH TEACHERS:**

*Allan Whiteman*

*Noell Goldberg*