# THE INNER CRITIC:
## Friend or Foe?

### (How it Blocks the Truth of Who We Are)




In this 4-part series, we'll explore the Inner Critic (aka: Superego, Voice of Judgment, The Judge), how to recogize it and its influence on our lives. Sometimes we think the Inner Critic is a friend but we discover that most of the time it's our foe. The Inner Critic blocks the truth of who we are, our essential nature. We will practice various techniques to further our understanding and ability to disengage from our own unique Inner Critic.

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You are invited to join these classes whether you are new to this exploration or you would like to go deeper and learn more about your Inner Critic. Students as well as non-students of the Diamond Approach are all welcome. Please feel free to invite your friends and family.

**Free Introduction:** Tuesday, January 12, 6:30 - 8:30pm MST

**Classes**: Tuesdays, Jan 26, Feb 2, 9, and 16, 2021
**Time**: 6:30 - 9pm MST
**Cost**: $100 for the series (sliding scale available)
**Zoom:** The Intro and 4-evening series will be on Zoom

*Taught by Jeff Truesdall and Lyn Ciocca, teachers and long-time students of the Diamond Approach*

**Advanced registration is required for the Series as well as the Free Introduction.**
**To Register or for more information**: contact Lyn: lynciocca@gmail.com.
ph: 303-241-9950

The Diamond Approach is a path of wisdom that teaches practical methods of how to investigate reality, work on ourselves and connect to our spiritual nature - to discover the deepest truth of what it is to be authentic and truly human. Further information can be found at diamondapproach.org.

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