

diamondworkmichigan.org presents:

Taming your Inner Critic

Six-week online class beginning January 17, 2021

May 16, 23 June 6, 13, 20, 27
10am to 12:30am PST, 1pm to 3:30pm EST

Cost: \$180, Class limited to 12

Many people find that there is an **inner voice or feeling** which accompanies them in their lives. This voice **tends to criticize** the person when she or he does something, or fails to do something. Left untended, it can **affect choices**, the emotional field of a person, and even the posture. It sounds like it is trying to help, but most people can see that, overall, it is **undermining their self-confidence** and natural ebullience. This class **will explore** this Inner Critic and use study and experiential exercises to **lessen its influence**.

The first part of this work is to **identify the critic**. As we bring more awareness to it, we usually see how ubiquitous it is. Then we take steps **to disengage** so the harshness of the critic is not coloring our consciousness.

Most people **criticize themselves** sometimes and sometimes **criticize others**. Some people are more self-oriented and some are more outer oriented. This is the same energy. As we work with both aspects of the critic, we start to **make more room for ourselves** and **more kindness** in all of our interactions, internal and external.



This work is very personal and “hands-on”, so the class will be limited to 12 participants. It will be taught by Lou Weir a Diamond Approach teacher.

What to Expect: We will have talks, meditations and personal inquiry into the critic for each person.

Cost: \$180

To register, or questions: Please contact Lou at:
diamondworkmichigan@gmail.com