

SOUL WITHOUT SHAME

Exploring the Nature of Self-Judgment with Byron Brown



July 22–24, 2016

Friday, Saturday & Sunday: 10am–6pm
Ridhwan Center, 2075 Eunice St., Berkeley

**This workshop is open to everyone,
regardless of their knowledge of the
Diamond Approach.**

\$315 with registration by June 10
\$350 afterwards

Members of ongoing groups in the
Ridhwan School receive a \$25 discount.
Use "DAGroup" as a discount code when registering.

SIGN UP SOON!

Preregistration required / space is limited.

To register:

swworkshop.brownpapertickets.com

Questions contact:

Ellen Friedman at

ellensfriedman@earthlink.net

The judge, superego, or inner critic shapes and limits our daily life. This psychic entity, which praises, accuses, promises, and threatens, is forever looking over our shoulder to see if we measure up. Invading our relationships and undermining our self-esteem, self-judgment is also the primary force interfering with our personal spiritual work.

This workshop will begin to directly address the inner judge using principles of the Diamond Approach®. Through embodied awareness (to support presence) and open-ended inquiry (to bring about understanding), we will learn to recognize and

confront the assumptions and principles that keep self-judgment in place. We will cultivate aspects of our true nature that antidote self-judgment: compassion, will, and strength. Most important, we will practice disengaging from the judgment process through understanding and deliberate action.

The sessions will include meditation, lecture, discussion, and experiential/movement exercises. The workshop is open to everyone with an interest in and a willingness to confront habitual patterns of self-attack. Bring your courage, compassion, and curiosity.

Byron Brown

Byron Brown has been a certified Ridhwan teacher since 1990. He leads groups, works with individuals, and trains teachers in the Ridhwan School. He has taught workshops on the superego across the US and in Europe for the last ten years. His book, Soul without Shame, was published in 1999 by Shambhala.