



Oh oh:
Here Comes The Judge!

Are you being criticized and judged by your own personal inner voices, your own inner 'Supreme Court'?

Aren't you tired of having every move you make scrutinized, criticized, pushed, discounted, cautioned?

Our inner Supreme Court is invested in keeping us safe, loved and worthy, all crucial components for survival as humans. Unfortunately most of the criteria or laws that it bases its judgment on are imbedded in the past, and so it keeps us stuck there, a prisoner of our own fears and lack of maturity. It treats us like a child, and as adults it drives us often to act like one.



Guilty as charged!!

Unless, of course, you take charge of your own life

Enough already!!

The good news is that with insight and understanding, we can turn the Supreme Court into an **ally**, into a useful force for discernment, compassion, freedom and growth.

The **Here Comes the Judge (HCTJ)** Course is designed to help you do just that. It is a thorough yet lighthearted exploration of the **Judges** that sit on our inner **Supreme Court**.

HCTJ is designed for Inner Journey Graduates and anyone who has embarked on a personal inner journey of reflection and growth. It will equip you to continue the work of your own personal journey.

HCTJ includes information presentations, meditation, and controlled exercises, practice. Specifically, this course will enable you to:

- ✓ Quiet and redirect the relentless voices of the inner judges.
- ✓ Gain a deeper awareness of the 'Self' beyond the personality
- ✓ Develop the 'Observer' capacity to objectively recognize negative behaviors, not identify with it, and redirect this energy towards healing and freedom
- ✓ Gain insight into the nature of Personality, and its structure, and to liberate the resources there that have been buried all these years
- ✓ Build compassion for your 'self' and the predicaments in which you find yourself

- ✓ Create your own workbook complete with tools and information that will serve as a resource for years to come

What others say about HCTJ:

This course was an eye opener on the behavior, reactions, feelings and patterns that keep repeating in my life & preventing me from being my true self.

HCTJ ... helped me see some of my core patterns,... the exercises gave concrete practice and ideas for moving forward.

This course is excellent. I had a wonderful experience and I've learned so much.

...[at the end of this course] I left with an expanded understanding of my own process, more confidence in my own journey, and more compassion for others.

The next HCTJ will be offered October 14 – 16 and 28 – 30, 2011.

There will be a maximum of 12 participants

Cost: \$265.00 (\$25.00 discount for registrations made Sept. 1.)
A deposit of \$50.00 will hold your spot.

Cheques payable to **Inner Journey Canada**

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For a more detailed look at the course, go to
http://www.innerjourneycanada.ca/programs/here_comes_the_judge.htm