

Tejo Jourdan - Diamond Approach

In this 2-day workshop, Diamond Approach teacher Tejo Jourdan explores that inner force that is constantly judging us and assessing our value as a human being.

Through meditations, teachings and practical exercises, learn how to identify your inner critic, and ultimately how to live from a place of greater peace and strength.

This course also serves as a powerful introduction to key principles of the Diamond Approach and a helpful companion for those familiar with it to dive deeper.

Why learn with Conscious 2?

Conscious 2 is a world-leading online platform for mindfulness, yoga and conscious living. Featuring teachers such as *Byron Katie*, *Marianne Williamson* and *Ken Wilber*, Conscious 2 brings the intimacy and transmission of in person teachings to you wherever you are in the world. Conscious 2 is particularly known for its broadcast quality production and easy to follow courses.

Course Curriculum

Day 1

- 01. Welcome and Meditation (22:56)
- 02. Introduction to the Inner Critic (75:18)
- 03. Repeating Question Demonstration (20:16)
- 04. Questions and Comments 1 (29:34)
- 05. Meditation 1 (16:33)
- 06. Recognising the Ego Ideal (67:00)
- 07. Repeating Question Demonstration (4:50)
- 08. Questions and Comments 2 (14:52)
- 09. Meditation 2 (10:59)

Day 2

- 10. Introduction to Open Ended Inquiry (12:33)
- 11. Questions and Comments 3 (17:17)
- 12. Ways we Engage with Our Inner Critic (28:35)
- 13. Questions and Comments 4 (26:39)
- 14. Meditation 3 (12:42)
- 15. Cultivating Inner Peace (47:32)
- 16. Questions and Comments 5 (31:26)
- 17. Live Stream Questions (19:23)