

Inner Revolutionary Men Present:

How Do We Feel About Ourselves & Why?

A Half-Day Retreat for Men, Available in Person in San Diego or via Videoconference Anywhere

Do you feel courageous, loving, calm and trustworthy? Do you feel flakey? Volatile? Irresponsible? Cowardly? Do you feel somewhere in between, depending on the circumstances, the challenge or even just the day?

Inner Revolutionary Men is sponsoring a workshop that definitely confronts the issue of How Do We Feel About Ourselves & Why? Here's some of the questions we might explore:

- How do we judge ourselves?
- Do these self-evaluations – positive or negative – actually correlate with the truth about us?
- Are we too hard on ourselves?
- Do we justify behavior that even we think is bad?
- Do we let ourselves get away with behaviors we wouldn't accept in others?
- How do our self-evaluations impact our behavior?

If you're feeling an "Ouch" about any of these questions, even more reason to come. Explore these judgments with the support of a bunch of guys who are looking honestly at themselves too. And let's see if we can't come out of this retreat with more self-awareness and more self-love. Join us!

Inner Revolutionary Men is the men's group of TheInnerRevolution.Org, a nonprofit organization found online at: www.theinnerrevolution.org.

Please join us for this half-day retreat in North County San Diego or via the Internet!

Sunday, October 22, 2017

10am-1pm

This retreat will be held at a beautiful home in North County San Diego and online via internet videoconferencing.

The fee is \$145 in person or via internet videoconference. **Register and get location and videoconferencing directions via email after registering:** <http://bit.ly/innerrev>

Please bring snacks and plan to eat after the event. Please refrain from caffeine and sugar for the day.

This event will be facilitated by Granny Rocks, a.k.a. Beth Green, intuitive counselor, spiritual teacher and founder of TheInnerRevolution.Org. Anyone who attended the previous retreats can attest to the power of Beth's work. For more about Beth, check out <http://theinnerrevolution.org/>

For more information, directions and/or to reserve your space, contact **Todd Benton** at (760) 731-4855 or todd@theinnerrevolution.org.

Learn more about The Men's Group: <http://bit.ly/Inner-Rev-Men>