

Beyond the Commanding and the Judging Selves — Into the Radiance of Your Living Truth

When: 4th of April 2026, 2pm to 5pm CEST

Where: Haus des Friedens, Albrechtsberggasse 9,7 1120 Wien

Language: English

Please register: events@haus-des-friedens.at

Facilitator: Farida Amné Kern

The *Nafs al-Ammāra* (the commanding self) and the *Nafs al-Lawwāma* (the self-reproaching self) describe two powerful inner dynamics; one pushes you, controls you, and demands from you and others, while the other judges you, doubts you, and criticizes you.

Both developed first as strategies of survival yet both veil the deeper truth of who we are.

When left unconscious, they create tension, inner conflicts, and a separation from our authentic presence. These voices run automatically in the background and create pressure, self-doubt, pain and a constant inner struggle. Over time, they can pull you away from your natural ease, your clarity, and the simple truth of who you are.



In this workshop, we will explore these inner movements with clarity, compassion, and experiential depth.

Through guided inquiry, embodied awareness, and subtle spiritual understanding, participants will learn to recognize the voices of command and judgment within themselves and take a distance from them.

As these veils soften, a quieter, more luminous ground of being can emerge — marked by inner steadiness, self-compassion, and alignment with one's essential nature. This is an invitation to

understand and transform the *Nafs al-Ammāra* (the commanding self) and the *Nafs al-Lawwāma* (the self-reproaching self) so that what is most true in you can live and lead.

Register: events@haus-des-friedens.at

At event location (Haus des Friedens, Wien)

Language: English

Donation: Suggested € 25, - to € 30, - to SAFA-association

<https://www.paypal.com/paypalme/SAFAverein>

Please clarify when you pay:

***Beyond the Commanding and the Judging Selves*, March 2026.**

This donation will be destined to the *poor and needy* and to support the work of the House of Peace, Vienna. The doors are open to all. Nobody will be excluded for lack of money. The doors are open for you please come in!