



# DIAMOND APPROACH

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## A Teaching

### *Three Phenomena of Thinking*

In this video clip A. H. Almaas speaks about the various forms our thinking takes. The clip is from his Winter Retreat, held in Berkeley, California, March 3-5, 2017.



## Meet the Teachers

### Bob Ball



#### How did you find the Diamond Approach?

I wonder if I found the Diamond Approach, or if the Diamond Approach found me! It seemed I was just in the right place at the right time. I was living in Boulder and still going to school when I heard about Hameed (Hameed Ali, the founder of the Diamond Approach) from friends who were already in the group. We called it the 'group' because this was some years before the Ridhwan School was established, and even before the Diamond Approach had emerged as a unique spiritual path.

#### When you first started, what was your greatest challenge?

At the time the way into the group was by engaging with Hameed in the Returning Process, a systematic piece of work that focused intensively on one's childhood history, conditioning, and relationship with one's parents. I was young and more or less willing to dive into the unknown, but it wasn't easy to go so deeply into my emotions or to be confronted with my psychological patterns. The layers of resistance and defense were certainly challenging, and the letting go of long-held "truths" came with frequent headaches and heartaches.

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## Diamond Approach Groups & Events

### New Groups



#### Apr 1-2 - The Diamond Approach Boston 4 Group (Boston 4) Auburndale, MA - USA

We are pleased to invite you to join Boston 4, a newly forming on-going Diamond Approach group based in Newton, MA. Boston 4 is a long-term group that meets five weekends per year. Our work includes teachings, meditations, movement, inquiry and discussion. [LEARN MORE>>](#)

#### Apr 1-3 - Diamond Approach Weekend Retreat Group Netherlands (DAWN 2)

##### Amsterdam, Netherlands

A second ongoing Ridhwan group in the Netherlands, DAWN 2, will start in April 2017. DAWN is a long-term program that presents the teachings of the Diamond Approach. The content and process of the weekends will progressively build on each other to unfold the Work. [LEARN MORE>>](#)

#### Apr 7-9 - Diamond Approach Seattle 3 (DAS3) Seattle, WA - USA

We are pleased to invite you to join DAS3, a newly forming on-going Diamond Approach group based in Seattle, open to students throughout the Pacific Northwest. DAS3 is a long-term group that meets five times per year. [LEARN MORE>>](#)

#### May 13-14 - California Diamond Heart 10 (CADH10) Berkeley, CA - USA

A new Diamond Heart group is now forming in the San Francisco Bay Area. This weekend is one in a series of experiential weekends designed to introduce the Diamond Approach work to interested students. [LEARN MORE>>](#)

And other new groups forming: [LEARN MORE>>](#)

## Events



### **Apr 2 - The Art of Inquiry...innere Erkundung als spiritueller Weg Berlin, Germany**

This is a group for those who are interested in learning about inquiry as spiritual practice. It is open for all, whether Ridhwan students or not. The group will be taught in German. [LEARN MORE>>](#)

### **Apr 2, 9, 16, 30 - London Sunday Open Inquiry London, UK**

These meetings are an ongoing opportunity to meet in central London with other inquiring souls and a Diamond Approach teacher, and to practice together--meditation, presence, and open-ended inquiry. The meetings are open to all existing and former Ridhwan students, as well as any interested member of the public. [LEARN MORE>>](#)

### **Apr 4 - "Das wirkliche Leben beginnt jetzt" Diamond Approach Buchgruppe Berlin, Germany**

In unserem Leben sind wir durch Leiden und Unzufriedenheit oft innerlich unfrei und schöpfen unser menschliches Potenzial nicht voll aus. Alle Qualitäten, die wir im Außen suchen, sind Aspekte unseres Wesens. Die Transformation deiner persönlichen Geschichte geschieht in vielen kleinen Schritten, wie auch durch tiefe Seins Erfahrungen. [LEARN MORE>>](#)

### **Apr 8-9 - True Essential Compassion Wheaton, IL - USA**

What does it mean to be a person of compassion? This will be an experiential exploration of how we personally experience and express compassion towards ourselves and towards others. There will be presentations of our teachings along with exercises for personal inquiry. [LEARN MORE>>](#)

### **Apr 13 - Gathering Honey: Diamond Approach Inquiry Book Group East Providence, RI - USA**

In this group, we will explore the teachings of the Diamond Approach and the practice of inquiry by reading and working with A. H. Almaas' *Diamond Heart Book One: Elements of the Real in Man*. Each meeting will include meditation, inquiry processes, and discussion. [LEARN MORE>>](#)

### **Apr 15 - A Teaching on the Inner Judge Arlington, VA - USA**

The inner judge keeps us locked into our familiar sense of who we are and limits our discovery of what we can become. This daylong teaching on the Diamond Approach understanding of this process will be a support for us to recognize and begin to separate from the grip of this pattern so we can be free to follow our deepest desire. [LEARN MORE>>](#)

### **Apr 21 - The Alchemy of Freedom Book Talk and Signing Berkeley, CA - USA**

A reading and signing by A. H. Almaas, founder of the Diamond Approach, to mark the publication of his new book *The Alchemy of Freedom: The Philosophers' Stone and the Secrets of Existence*. [LEARN MORE>>](#)

### **Apr 22 - Webinar: "Radical Acceptance" with Gil Shalit Australia (online)**

Radical acceptance brings a kind of openness that can be a doorway into the depths of inner Being. Regardless of where we find ourselves in any particular moment, if we orient toward our experience with radical acceptance, our experience as it is becomes a doorway into every greater freedom, fulfillment, and illumination. [LEARN MORE>>](#)

### **Apr 22 - Essential Perception: Portal to Liberation Denver, CO - USA**

We as humans are blessed with the capacity to perceive with our senses: sight, sound, taste, feel, and smell. From the perspective of the Diamond Approach, our perceptual capacity is a doorway to knowing who we really are. When we drop into essential perception, the whole realm of our sensory experience can open and deepen. [LEARN MORE>>](#)

### **Apr 22-23 - Becoming Your Self Amherst, MA - USA**

Every person is unique in the way that true nature and life find expression. Exploring the nature of this uniqueness invites us to experience the preciousness of our existence. Inevitably, though, we encounter limitations imposed by ego structure, idealization, and the inner critic. [LEARN MORE>>](#)

### **Apr 26 - Gestures of Intimacy: Diamond Approach Five Movements Auburndale, MA - USA**

From the teachings of the Diamond Approach and the Five Movements Practice, we will use meditation, movement, and inquiry to explore the remarkable landscape that lies within our body's movements. [LEARN MORE>>](#)

### **Apr 28-30 - The Lataif: Gateways to Essence Boulder, CO - USA**

Join us for an exploration of the Lataif and discover how this powerful teaching can deepen and enrich your daily life. These Diamond Approach teachings will include presentations, meditation practices and break-out groups to explore and integrate the material. [LEARN MORE>>](#)

### **Apr 29 - Praxistag Köln, Germany**

Wir werden an unseren praxistagen verschiedene bereiche vertiefend betrachten und erforschen: meditation; spüren, schauen und lauschen; erforschen; an vertiefende einzelarbeit in der gruppe. [LEARN MORE>>](#)

### **May 2 - "Das wirkliche Leben beginnt jetzt" Diamond Approach Buchgruppe Berlin, Germany**

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### **May 6-11 - Quasar Seminar IX: Uniqueness in Unity Berlin, Germany**

We are offering the ninth in a series of public seminars, primarily for individuals who wish to have a direct and experiential taste of the Diamond Approach work. We will explore in depth the two sides of uniqueness and unity along with the psychological and philosophical questions and barriers they bring up in our experience. [LEARN MORE>>](#)

### **May 7-June 18 - Diamond Heart Book One Study Group Boulder, CO - USA**

We will explore the first six chapters of A. H. Almaas' *Diamond Heart Book One: Elements of the Real in Man*, focusing on a different chapter for each meeting. There will be open discussion as well as the opportunity to inquire more personally and deeply into your individual response to the material. This is an excellent opportunity to get a taste of the Diamond Approach. [LEARN MORE>>](#)

## May 11 - Info Abend Diamond Approach Köln, Germany

Wir werden Informationen über den Diamond Approach geben. Wie sieht der Pfad zur Selbstverwirklichung aus, den Studentinnen und Studenten des Diamond Approach gehen? Wir geben die Möglichkeit, Teile eines Lehrvortrags in deutscher Sprache anzuhören und dazu gemeinsam ein wenig Selbsterforschung zu betreiben. [LEARN MORE>>](#)

## May 13 - Essential Perception: Portal to Liberation Jacksonville, FL - USA

We as humans are blessed with the capacity to perceive with our senses: sight, sound, taste, feel, and smell. From the perspective of the Diamond Approach, our perceptual capacity can serve as a surprisingly direct doorway to knowing who we really are. Yet, we may not know how to access that doorway. [LEARN MORE>>](#)

For more events/opportunities, visit our [CALENDAR HERE>>](#)

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## Diamond Approach in the World

### *Exploring Race and Ethnicity*

*A group based in Atlanta, Georgia, is enlisting the help of inquiry, the Diamond Approach's central practice, to deeply explore questions of race and ethnicity in an environment that is purposefully inclusive of many races and ethnicities.*

By Todd Evans

My first two jobs after college and graduate school involved working for black men. The first was for Andrew Young in his 1972 congressional campaign and, later, on his congressional staff. He was the first black elected to Congress since the Reconstruction. In the early stages of the campaign I was one of three staff persons, and so I went with Andy (as everyone called him) everywhere: to appointments with bankers and businessmen; to meetings with neighborhood groups; to church services on Sunday mornings; and, once or twice, to gospel singing celebrations where I learned to hold persons who “fell out.”



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## Quasar Seminar IX

### *Uniqueness in Unity*

We are offering the ninth in a series of public seminars, primarily for individuals who wish to have a direct and experiential taste of the Diamond Approach work. These seminars present the teaching from a specific and new perspective and even though there might be a relationship of one to another, each Quasar seminar stands on its own.

In this seminar, we will explore in depth the two sides of uniqueness and unity along with the psychological and philosophical questions and barriers they bring up in our experience. We will answer these questions experientially thereby opening the portal to a true essential understanding of what we are and the myriad ways unity is possible for us. By dealing with these questions we will also have the opportunity to address them in our personal life and society.

**May 6-May 11, 2017**  
**Auditorium Friedrichstrasse (Quartier 110)**  
**Berlin, Germany**

**[LEARN MORE>>](#)**

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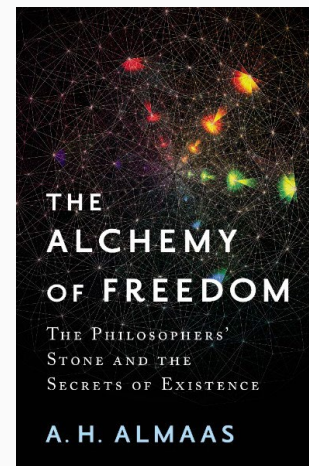
## Special Event

### ***Alchemy of Freedom Book Talk and Signing***

You're invited to a reading and signing to mark the publication of *Alchemy of Freedom: The Philosophers' Stone and the Secrets of Existence*.

In this new publication, A. H. Almaas, founder of the Diamond Approach, adopts the metaphor of the mysterious philosophers' stone to describe the liberating power of endless enlightenment.

**Friday, April 21**  
**7:00-10:00 p.m.**  
**Berkeley Ridhwan Center**  
**2075 Eunice St, Berkeley, CA 94709, USA**



Note: This event will be livestreamed. Watch our [Facebook page](#) for more details.

**[LEARN MORE>>](#)**

***The Alchemy of Freedom*** is available through Shambhala Publications. You can [browse inside the book here](#).

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