



THE DIAMOND APPROACH®

[Teacher Profile](#)

[Students Share](#)

[Online Courses](#)

[Events](#)



Spirituality in a Fractured World

In this video A. H. Almaas discusses how spiritual illumination can help us deal with our divided world.

[Watch the Video](#)



Meet the Teachers: Sarita Chawla

I think the Diamond Approach found me! I had always been drawn to the "something beyond." As a child, I was drawn to temples and the sacred, although my family was not. My graduate studies included research on the religion of villages in Kulu, in the Himalayas. I felt a quest and a longing for something I could not name.

[Read More](#)



Students Share: A Star

We look back and say that something's lost, when all about is everything we've gained. Each day brought us here, into the presence of Everything. Some...

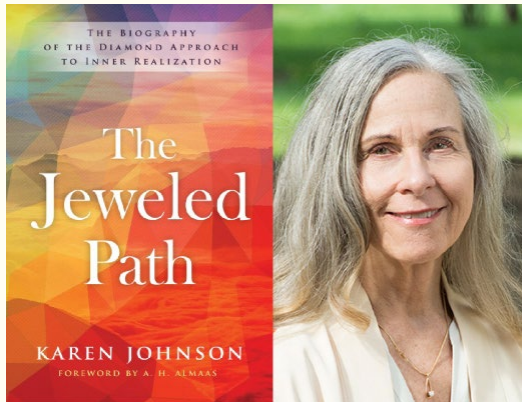
[Read More](#)



Encrusted Interview: Thomas Vaassen

An interview with Diamond Approach student Thomas Vaassen of the Diamond Heart Europe 2 Group who lives in the Netherlands.

[Watch the video](#)



London Book Talk with Karen Johnson

Diamond Approach co-founder Karen Johnson will be speaking in London, UK, about her new book describing the development of the Diamond Approach.

[Learn More](#)



Quasar 2018: Spirituality in a Fractured World

This seminar is a rare opportunity to spend five days with Diamond Approach founders A. H. Almaas and Karen Johnson. It is open to all; no prior experience is required.

September 22-26, 2018

Berkeley, CA, USA

[Learn More](#)

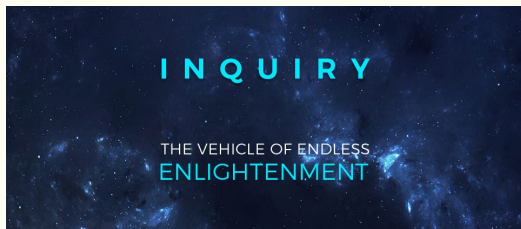


Job Opportunities

We are hiring for two positions:

- Payroll Supervisor/Specialist
- Webmaster

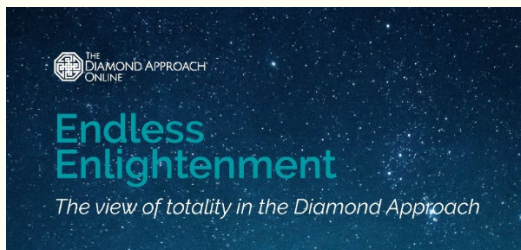
[Learn More](#)



Inquiry: The Vehicle of Endless Enlightenment

This 12-week, online course starting April 16 explores whatever is happening right now as the entry point to unlimited discovery of our deeper nature. Hosted in partnership with Sounds True.

[Learn More](#)



Endless Enlightenment

Join A. H. Almaas, founder of the Diamond Approach, for an online course on one of the most advanced aspects of his teaching—the view of totality.

[Learn More](#)

Upcoming Events

APRIL
3

Book Study Group "Soul Without Shame"

📍 Kahului, HI, USA

Join us for an exploration of the Inner Critic, a tenacious layer of our personality which prevents expansion, inner peace, and freedom. We will be embarking on a journey to free ourselves from this relentless voice.

APR
6-7

Opening to Compassion: An Introduction to the Diamond Approach

📍 Vancouver, BC, Canada

In the warm, tender and powerful presence of true compassion our hearts can open to all of our experience, from our deepest pain to the immense richness of our being.

APR
7-8

Heart of Life, een kennismaking met de Diamond Approach: Innerlijke vrede

📍 Rotterdam, Netherlands

We onderzoeken wat onze beleving van Innerlijke vrede is, en wat die ervaring beperkt in ons dagelijks leven.

APR
7

Essential Perception: Portal to Liberation

📍 St. Petersburg, FL, USA & Online  New group forming

We as humans are blessed with the capacity to perceive with our senses. From the perspective of the Diamond Approach, our perceptual capacity is a doorway to knowing who we really are.

APR
8

Fireside Chat with Zarina Maiwandi

📍 Online  New group forming

In this online meeting you will have the possibility to ask questions about the Diamond Approach and Diamond Approach Asia.

APR
13-
15

"The End is Only the Beginning" - A Weekend Journey into the Mystery

📍 Toronto, ON, Canada & Online

In this retreat we will work with the essential Person of Power as the one that navigates and guides us and the essential quality of compassion that assists us with the losses that can occur on any real and authentic journey.

APR
14-
15

Diamond Approach Boston 4 Weekend

📍 Auburndale, MA, USA  New group forming

If you're interested in getting a taste of the Diamond Approach with a growing community of people, please join us for this new group forming in the Boston area.

APRIL
15

Curiosity: A Portal to Love on the Spiritual Path

📍 Fort Worth, TX, USA  New group forming

In this talk we will explore the function of love on the spiritual path with questions such as "How does love impact and inform our spiritual journey?" and "How do we access love as we traverse the spiritual path?"

APRIL
16

Curiosity: A Portal to Love on the Spiritual Path

📍 Carrollton, TX, USA  New group forming

In this talk we will explore the function of love on the spiritual path with questions such as "How does love impact and inform our spiritual journey?" and "How do we access love as we traverse the spiritual path?"

APR
17

"Das wirkliche Leben beginnt jetzt" Buchgruppe Berlin

📍 Berlin, Germany

Wir praktizieren Selbsterkundung und Meditation, dabei begleiten uns Texte aus dem Buch "das wirkliche Leben beginnt jetzt" A. H. Almaas.

APR
20

Köln Meditation

📍 Köln, Germany

Einmal im Monat sind alle Interessierten zu einem Treffen eingeladen, zusammen unter Anleitung eines Diamond-Approach-Lehrers zu meditieren.

APR
21

Diamond Approach London Day of Practice

📍 London, United Kingdom

A day of mediation, sensing and inquiry practice. This day-long will be followed by a separate event, an evening book launch with Karen Johnson speaking about her new book *The Jeweled Path*.

APR
21

Book Talk with Karen Johnson - The Jeweled Path

📍 London, United Kingdom

In her new book, *The Jeweled Path*, Diamond Approach co-founder Karen Johnson gives a warm, personal, and often humorous look behind the scenes of the unfolding of the Diamond Approach.

APR
22

Fireside Chat with Sarita Chawla

📍 Online  New group forming

In this online meeting you will have the possibility to ask questions about the Diamond Approach and Diamond Approach Asia.

APR
23

Light-Heartedness: A Support for the Spiritual Process

📍 Houston, TX, USA  New group forming

Spiritual work is serious business, right? Certainly it can be the most important and profound endeavor we will undertake. But who says we need to be somber about it? In this teaching, we will look at the quality of light-heartedness and how it is useful in supporting the spiritual process.

APRIL
26

Vortrag: Verkörperung und Spiritualität -Einführung in den Diamond Approach

📍 Berlin, Germany

Der Vortrag beschäftigt sich u.a. mit der Frage: geht das eigentlich? Unsere spirituellen Erfahrungen in den Körper zu bringen und von diesem Platz aus zu leben?

APRIL
27-
29

The Lataif: Gateways to Essence

📍 Boulder, CO, USA  New group forming

Please join us for an in-depth exploration of the Black Latifa, the form of essential presence that brings the wisdom of depth, stillness, and peace to our consciousness.

APRIL
28

Free Webinar - "In Search of the Miraculous" with Laurie Wattell

📍 Online from Australia  New group forming

Searching is intrinsic to all humans. For some it will manifest in traveling the world; for others it is following their dreams. In this free webinar we will be exploring what motivates us to be in search of the miraculous.

APRIL
29

"Essentielle Verwirklichung - Der diamantene Weg des Herzens" NEUE Buch- und Praxisgruppe in Berlin

📍 Berlin, Germany

Diese Buch- und Praxisgruppe beinhaltet Meditationen und die Möglichkeit, die Erkundung (Inquiry), eine der Kernpraktiken des Diamond Approach, zu praktizieren. Die Texte aus Hameed's Buch begleiten uns dabei.

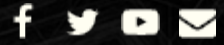
[More Events](#)

[Find a Diamond Approach Group](#)

[Find a Diamond Approach Teacher](#)



Connect with us



The Ridhwan Foundation
P.O. Box 10173
Berkeley, CA 94709

Copyright © 2017 The Ridhwan Foundation
[Update your preferences](#)
[Unsubscribe](#)