



THE DIAMOND APPROACH®

Teacher Profile

Diamond Approach Means to Me

Online Courses

Events



Finding Growth Within Change

In this video John Davis speaks about the many transitions of our lives and how to find growth and inner allies during times of change.

John will be teaching more about life transitions in a three-hour, live, online seminar: "Life Transitions and the Diamond Approach" on April 7, part of our "Spirituality in Daily Life" Seminar Series. Learn more about the seminar [here](#).

Watch the Video



Meet the Teachers: Jill Davey

"My partner was taking an Enneagram course with Russ Hudson and Don Riso and they kept quoting this guy named A. H. Almaas. We got one of his books and read it out loud while on a road trip through the canyon country of southern Utah. The land there is spectacular—wide and vast, deep and mysterious and I kept having this sense of disappearing, of becoming one with my environment..."

[Read More](#)



What Diamond Approach Means to Me: Jessica Britt

Diamond Approach teacher Jessica Britt speaks about her experience in the work and the gifts of the teaching.

[Watch the Video](#)



Job Opportunity

We are hiring a Bookkeeper/Payroll Associate. Please help us spread the word.

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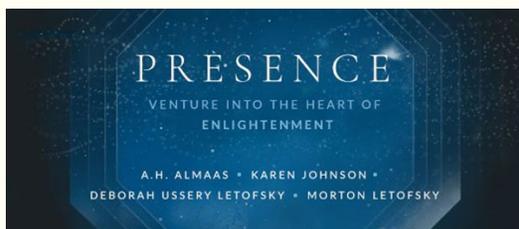
Free Event with A. H. Almaas



A New Contribution to Spirituality: The Diamond Approach Path

Join Diamond Approach founder A. H. Almaas for a free, interactive webinar on **May 5**. Learn more about the Diamond Approach and ask your questions.

[Learn More](#)



Presence: Venture Into the Heart of Enlightenment

This 8-week course presented in partnership with Sounds True and featuring A. H. Almaas, Karen Johnson, Deborah Ussery Letofsky, and Morton Letofsky **starts today**.

[Learn More](#)



Life Transitions and the Diamond Approach

Explore the inner structure, challenges, and spiritual possibilities of significant life transitions you've experienced or are experiencing now. This three-hour, live, online seminar on **April 7** is part of our "Spirituality in Daily Life" Seminar Series. It costs \$35 USD.

[Learn More](#)



Online Inquiry Groups

Online Inquiry Groups provide the experiential practice to integrate your knowledge and understanding and support your inner growth and fulfillment. Our next 8-week sessions start **April 7**.

[Learn More](#)



Body, Breath, and Being with the Diamond Approach

Join senior Diamond Approach teacher Jessica Britt online on **May 19** to explore how the body and breath can become your allies, increasing your mindfulness and "in-touchness" with your most authentic self.



This three-hour, live, online seminar is part of our "Spirituality in Daily Life" Seminar Series. It costs \$35 USD.

[Learn More](#)



Introduction to the Diamond Approach

Join us for our 6-week course—featuring Diamond Approach founder A. H. Almaas and three other experienced teachers—to receive guidance and practices to navigate the depths of who and what you truly are. Starts **June 17**.

[Learn More](#)

Upcoming Events

APR
1

Presence: Venture Into the Heart of Enlightenment

📍 Online

An 8-week online course presented in partnership with Sounds True and featuring A. H. Almaas, Karen Johnson, Deborah Ussery Letofsky, and Morton Letofsky.

APR
5-7

Stop! In the Name of Love: How to Disengage from the Inner Critic - Introductory Retreat

📍 Ottawa, ON, Canada  **New group forming**

The Super Ego or Inner Critic creates great pain and suffering as it limits our experience, squashes our dreams, and keeps us in check. In this seminar we

will begin and continue the process of identifying, understanding, and disengaging from the Super Ego.

APR
5-7

Introduction Weekend: The Art of Inquiry

📍 Nesbru, Norway

In this weekend we'll explore the practice of inquiry in the Diamond Approach. The workshop is meant for people who want to learn to inquire as well as for people who want to deepen their skills.

APR
5-7

Compassion on the Spiritual Path

📍 Ann Arbor, MI, USA

This is a nonresidential weekend teaching to explore the quality of compassion for self and others.

APRIL
6

Exploring the Inner Critic - True Support and the Inner Critic

📍 Online  New group forming

We are often not at peace and it is our inner critic that tells us what we need to do to be loved, valued, safe and secure. We will explore the true support that is our personal will, how it is pre-empted by the inner critic, and how we can open to the rock-solid ground of who we are.

APR
6-7

Opening to the Mystery of Our Being: Introducing the Black Latifa

📍 Berkeley, CA, USA  New group forming

This weekend's journey takes us further into uncharted territory as we meet a mysterious new ally—the Black Latifa, which is the deep mystery of our True Nature that beckons and invites us to open to its guidance.

APR
6-7

The Courageous and Passionate Heart

📍 Amherst, MA, USA  New group forming

Through meditation, teachings and personal inquiry, we will explore courage and passion, aspects of True Strength. Courage helps us stand up for the truth of who we are and what matters most to us. Passion is the ecstatic yearning for union with our deepest nature.

APR
6-7

Inquiry: Joyful Journey

📍 St. Petersburg, FL, USA 👥 New group forming

Essential Joy is the source of the curiosity and openness needed to engage our love of the truth. This brings about a sense of adventure in discovering the wondrous treasure that is within us—who we really are. With this discovery, our inner journey and our lives can be transformed.

APRIL
7

Life Transitions and the Diamond Approach

📍 Online

Join us for the second seminar in our Spirituality in Daily Life seminar series that offers you practical methods for navigating life's challenges with spiritual support. Each three-hour, live, online seminar is \$35 USD.

APRIL
7

Online Inquiry Groups

📍 Online

Online Inquiry Groups provide the experiential practice to integrate your knowledge and understanding and support your inner growth and fulfillment. Our next 8-week sessions start April 7.

APR
9

"Essentielles Sein - die Bedeutung des Lebens" Buchgruppe

📍 Berlin, Germany

Warum bin ich hier? Wohin gehe ich? Wer bin ich? Glück, Wertgefühl und Lust sind nicht das Ergebnis von irgendetwas. Diese Qualitäten sind Teil unserer grundlegenden Natur. Selbsterkundung, Meditation und Texte aus dem Buch "Essentielles Sein" von A. H. Almaas begleiten uns durch diese Abende, Diamond Heart Book "Being and the Meaning of Life".

APR
12

Köln Meditation

📍 Köln, Germany

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

APR
12-
14

Hamburg April Wochenende

📍 Hamburg, Germany  New group forming

Es gibt eine neue Diamond Approach Gruppe, die sich an 5 Wochenenden im Jahr in Hamburg-Altona trifft. Zu dieser fortlaufenden Gruppe sind neue Teilnehmer eingeladen.

APR
13

Sacred Impulses: Experiencing Essence through Movement and Inquiry

📍 Online  New group forming

How does presence move our body? How do different states of consciousness impact us physically? What happens when we include our body's sensitivity and intelligence in inquiry? We will explore these and other questions in this online course.

APR
14

Bevægelsespraksis, meditation og inquiry

📍 Frederiksberg, Denmark

Vores inquiry vil tage udgangspunkt i "Five movements" som er en bevægelsespraksis udviklet specielt for Diamond Approach. Undervisningsprog er dansk.

APR
14

Meditations -und 5 Movement Gruppe in Berlin

📍 Berlin, Germany

Dieser Raum ist eine Gelegenheit, in eine Zeit der Meditation einzutauchen, die vom Diamond Approach geprägt ist. Diese Zeitspanne erlaubt es uns, uns der Praxis zu widmen und den direkten Kontakt mit dem Sein und der Gegenwart einzuladen.

APR
14

Stillness, Peace, and Power

📍 Plano, TX, USA  New group forming

For most of us, there doesn't seem to be a connection between stillness, peace, and power. As we explore these three aspects of our True Nature more deeply, we can see that they're actually one and the same.

APRIL
20

Moving Into Your Experience: How the Diamond Approach Is Different From Other Paths

📍 Online  New group forming

In this webinar Sandra Maitri will explore the Diamond Approach practice of inquiry, a method of moving into our experience to understand what is right there. She will also talk about the new retreat group Diamond Heart Retreat Group 6, starting this summer, in San Jose, CA, USA.

APR
26-
28

Weekend Retreat: Discover Your True Strength

📍 Auckland, New Zealand  New group forming

This weekend is about discovering our true strength, Essential Strength. We will explore opening to the quality of strength with its fullness, vibrancy, and beauty.

APR
26-
28

The Lataif: Gateways to Essence - Essential Joy

📍 Willard, WI, USA  New group forming

This weekend we will carefully explore the joy quality of Being that connects us to our deeper inner nature through meditation, teaching and experiential exercises.

APRIL
27-
28

What If You Didn't Have to Keep Yourself Small?

📍 Watertown, MA, USA  New group forming

What would it be like to experience directly the vibrant, alive, expansive life force that is your birth right? Come and explore the experiential qualities of this fire-y aspect of presence, this clear and courageous quality of being.

APR
29

"Essentielle Befreiung-Der diamantene Weg des Herzens" NEUE Buchgruppe 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.

MAY
2

The Power of Silent Inquiry

📍 Houston, TX, USA 👥 New group forming

What is the quality of our consciousness that feels like Power and how does it function when we inquire into something we don't understand? Both the quality Power and the capacity for inquiry are things we already have as part of our everyday experience. Bringing focus to both of these elements can sharpen our skill of inquiry, help our inner unfolding and help us become more effective and capable living in the world.

MAY
4

Exploring the Inner Critic - Loving Kindness and Compassion as an Antidote to Judgment and the Inner Critic

📍 Online 👥 New group forming

How can being in touch with our loving kindness and compassion to disengage the attacks and judgments of the inner critic? We can bring empathy and healing to the inner critic's positions and concerns and restore our openness of heart.

MAY
5

A New Contribution to Spirituality: The Diamond Approach Path

📍 Online

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MAY
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Stillness, Peace, and Power

📍 Fort Worth, TX, USA 👥 New group forming

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[More Events](#)

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