



THE DIAMOND APPROACH®

The Theory of Holes

"Ultimately what we have lost awareness of is our essence or pure Being—who we truly are. When we are not aware of our essence, it stops manifesting. Then we feel a sense of deficiency. So a hole is nothing but the absence of a certain part of our essence. It could be the loss of love, loss of value, loss of capacity for contact, loss of strength, any of the qualities of Essence. However, to say we have lost parts of Essence does not mean they are gone forever.

You are simply cut off from consciousness of them."

-A.H. Almaas

Super-charged Psychological Work

The Theory of Holes is a piece of understanding in the Diamond Approach that dramatically changes one's orientation to spiritual and psychological work. It can also kick it into warp-speed. Working with the theory of holes is like looking through a telescope that looks through a microscope that functions in a particle accelerator. *What?*

Let's explain what that means:

The theory of holes starts with the macro view (the telescope), what's happening right now – exploring tensions and contractions that have been compensating for the historical loss of our essence and shielding that loss from consciousness.

[Read Full Blog Post Here](#)



Meet the Teachers: Victoria Young

"The Diamond Approach helps us to see the preciousness of being, in ourselves, in others, and in reality. I see that this path helps to move us toward our human potential, so we can live in harmony with one another and the world and move toward our potential together. That is a very strong part of this approach: the actualization of our realization. What happens with this realization? You live your life and find out!"

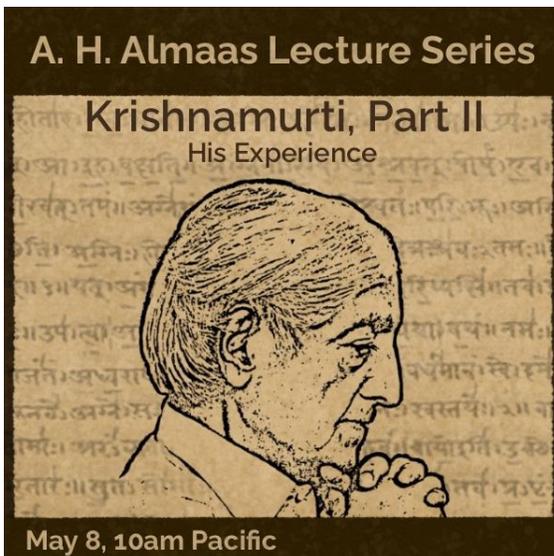
[Read More](#)

Victoria Young is part of the teaching team for the Washington D.C. Diamond Approach 3, which is open to new students. [Learn more about this group.](#)

Interested in joining a Diamond Approach group? [Browse all open Diamond Approach groups.](#)

Upcoming Events

A. H. Almaas Lecture Series



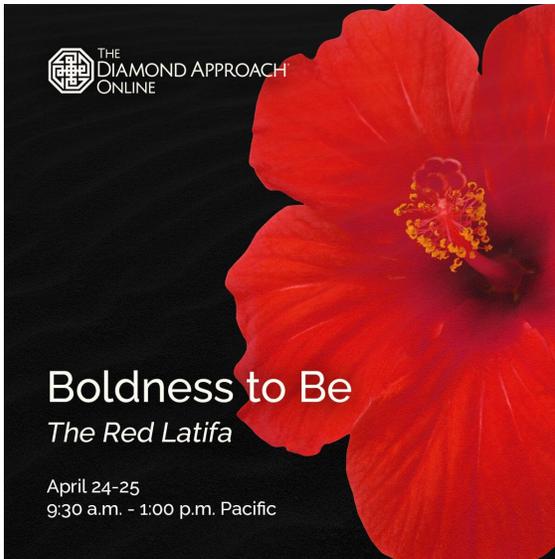
Krishnamurti Part II. His Experience

A.H. Almaas's third lecture of 2021, to be held **May 8 at 10am Pacific**, will explore Krishnamurti's inner experience, including the headache that lasted most of his life, and the possible reasons for it. His was an unusual kind of spiritual transformation, which will be instructive for many these days, for

it points to uncommon kinds of spiritual potentialities.

[Learn More](#)

Upcoming Diamond Approach Online Events

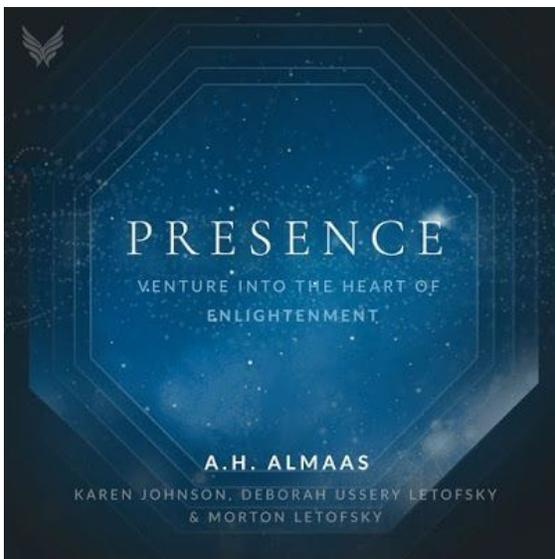


Boldness to Be

Teacher: Zarina Maiwandi

How many of us have felt small or overwhelmed in the face of the world's difficulties? What if instead you could meet the world in a way that's bold and daring?

[Enroll here](#)



Presence: Venture into the Heart of Enlightenment

Teachers: A.H. Almaas, Karen Johnson, Deborah Ussery Letofsky, Morton Letofsky

The discovery of Presence is a significant turning point on the spiritual path. But what is Presence really? This on demand course takes a deep dive into learning about and awakening to Presence.

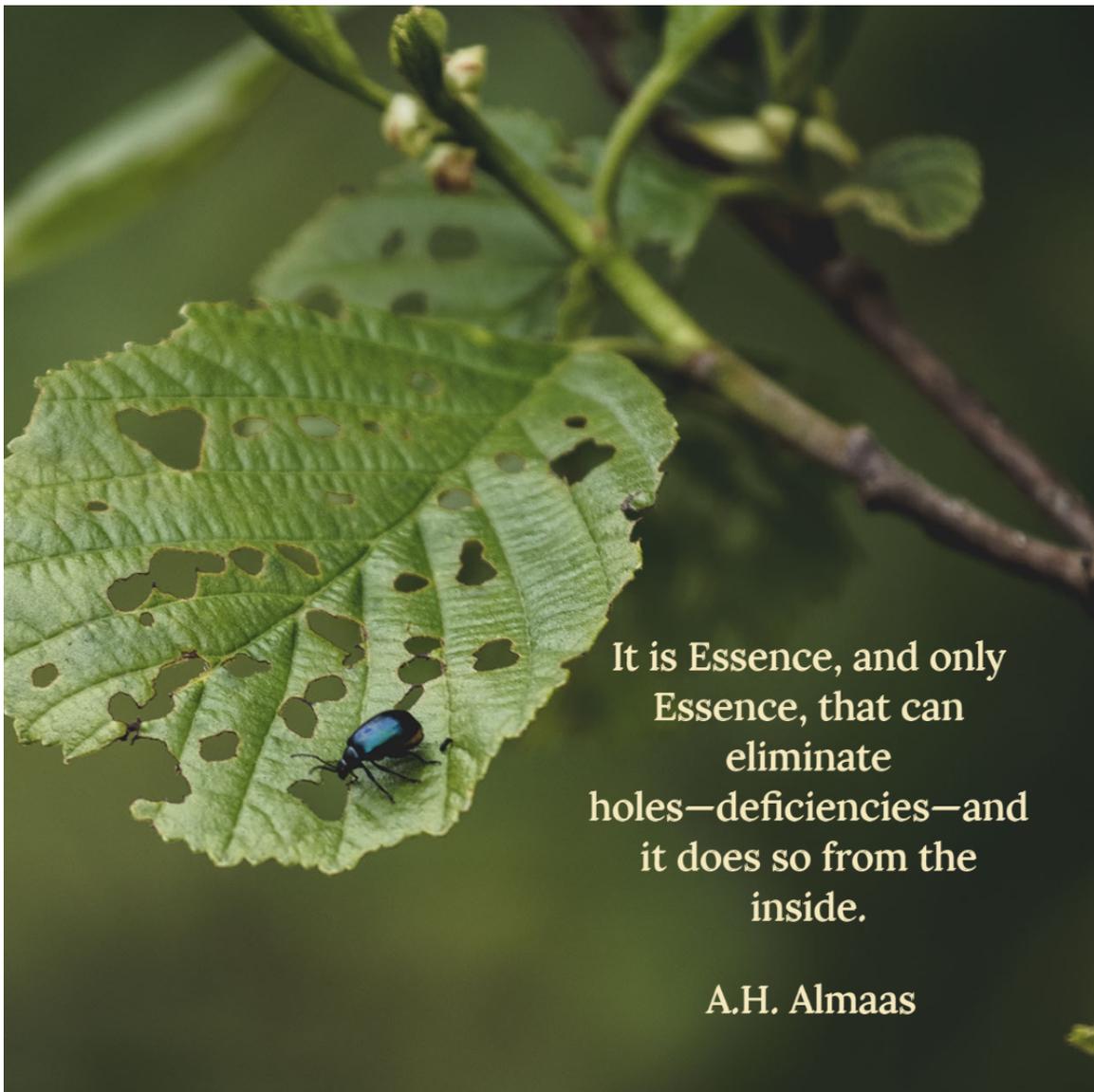
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Online Inquiry Groups

Deepen your inquiry practice with the support of a small group and an ordained Diamond Approach teacher.

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Regional Diamond Approach Events

There are Diamond Approach events happening all across the world. Due to the coronavirus pandemic, many of our events have moved online. We are still listing our events based on the geographic location of our teachers, so click on the graphics below to find events in your area.

Want to receive specific news about Diamond Approach events happening in your area? [Sign up for our Regional Newsletters.](#)

