



## THE DIAMOND APPROACH®

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### A Teaching

### *Primary Awakening and Necessary Awakening*



In this excerpt from A. H. Almaas' book talk at Spirit Rock Meditation Center on his new book *The Alchemy of Freedom: The Philosophers' Stone and the Secrets of Existence*, Almaas speaks on the difference between primary awakening and necessary awakening.

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## Meet the Teachers

### Anne Laney



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

I was hiking with a friend I had known for many years, and she was in the best place she had been as long as I had known her. I asked her what was happening and she told me she was working with a teacher who had made a huge difference in her life. That was when the Diamond Approach programs were new. She didn't even mention anything about the teaching, just the impact of doing personal work with this teacher. I asked her if she minded if I contacted her, and the rest is history as they say.

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

It took me nearly six months before I understood I was engaged with a spiritual path. I was learning a lot about myself and understanding my history, but I was thinking of it as the best therapy ever, because I had no context for it. I had never been involved in a spiritual path before. So it took awhile for me to orient to what was really happening. [READ MORE>>](#)

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## Diamond Approach Groups & Events

### New Groups



#### **Aug 23 - "The Lataif: Gateways to Essence, The Will Latifa" - Colorado Diamond Heart 10 Boulder, CO - USA**

Join us as we explore the aspect of the White Latifa or Will Essence. The Will Essence is the inner support for the unfolding of our deepest nature. [LEARN MORE>>](#)

#### **Aug 31-Sept 3 - Midwest Group 3 Retreat Willard, WI - USA**

A new Diamond Approach Group has started in the Upper Midwest Region and it is currently open and growing. [LEARN MORE>>](#)

#### **Sept 2 - "Be Prepared for Adventure" - Diamond Approach Weekend Group Netherlands Amsterdam, Netherlands**

How can we prepare ourselves for the adventure of exploring and discovering our nature and the nature of everything else? [LEARN MORE>>](#)

#### **Sept 15-17 - Diamond Approach Seattle 3 Retreat Seattle, WA - USA**

We are pleased to invite you to join DAS3, a newly forming on-going Diamond Approach group open to students throughout the Pacific Northwest. [LEARN MORE>>](#)

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

## Events



### **Aug 3 - Gathering Honey: Diamond Approach Inquiry Book Group East Providence, RI - USA**

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

### **Aug 19 - Webinar: "Doubt and Curiosity" with Jane Armytage Sydney, Australia (online)**

In this webinar, we will explore what moves us into the joy of openness and what dampens the heart's love for what it knows to be true. [LEARN MORE>>](#)

### **Aug 21 - Online Book/Inquiry Group: The Unfolding Now (online)**

This series will draw from selections from A. H. Almaas' *The Unfolding Now: Realizing Your True Nature through the Practice of Presence*. [LEARN MORE>>](#)

### **Aug 22 - "Das wirkliche Leben beginnt jetzt" Diamond Approach Buchgruppe Berlin, Germany**

Wir leben in einer Welt voller Geheimnisse, Wunder und Schönheit. 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. [LEARN MORE>>](#)

### **Aug 23 - Inner Journey Home Book Group London, UK (online option)**

This first book group on *The Inner Journey Home: Soul's Realization of the Unity of Reality* by A.H. Almaas will explore the Diamond Approach's vision of the soul. [LEARN MORE>>](#)

### **Aug 24 - Gathering Honey: Diamond Approach Inquiry Book Group East Providence, RI - USA**

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

### **Aug 26 - Inquiry: Doorway To Freedom Jacksonville, FL - USA**

As humans, we inherently long to be free—to actualize our true human potential. Inquiry, the central practice of the Diamond Approach, offers a powerful, dynamic doorway to a freer life. [LEARN MORE>>](#)

### **Aug 26-27 - Stop in the Name of Love London, UK**

In this seminar we will begin the process of identifying, understanding, and disengaging from the superego, the layer of our personality which keeps us trapped in our usual sense of self. [LEARN MORE>>](#)

### **Sept 1-3 - The Power of Peace Benefit Retreat Berkeley, CA - USA**

Seldom is it suggested that we simply turn and face our fears and negativity—to see their root cause. In this weekend we want to explore how identifying with these feelings separates us from our deeper nature which is peace itself. [LEARN MORE>>](#)

### **Sept 2 - Praxistage Köln, Germany**

An diesem Praxistag werden wir uns der Erforschung / Inquiry widmen. Wie bei den Praxistagen zuvor sind alle Interessierten eingeladen, unabhängig davon ob sie RidhwanstudentInnen sind oder nicht. [LEARN MORE>>](#)

### **Sept 5 - “Das wirkliche Leben beginnt jetzt” Diamond Approach Buchgruppe Berlin, Germany**

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### **Sept 10 - Personal Will: A Portal to Universal Will Fort Worth, TX - USA**

Join us as we explore access to Essential Will and how the Diamond Approach can support you in developing an effortless steadfastness to your commitments; what gets in the way, as well as the experience of tapping into universal flow as you go about your daily life. [LEARN MORE>>](#)

### **Sept 13 - Doorgaande Inquiry Groep Hilversum, Netherlands**

Inquiry, een vorm van zelfonderzoek, is de centrale beoefening in de Diamond Approach. Het is een elegante en krachtige methode om de dieptes van je ziel te verkennen. Het doen van inquiry geeft je een heel precieze en persoonlijke afstemming op jouw spirituele ontwikkeling. [LEARN MORE>>](#)

### **Sept 14 - Gathering Honey: Diamond Approach Inquiry Book Group East Providence, RI - USA**

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

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

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## Benefit Fundraiser

### *The Power of Peace*



In this weekend we will explore how identifying with the feelings of fear and aggression separates us from our deeper nature, which is peace itself. We will explore turning to and facing our fears and negativity—to see their root cause.

*All fees for the weekend will be used to support students who have limited funds but would like to participate in the Diamond Approach.*

**Dates:** September 1-3, 2017

**Location:** Ridhwan Center, 2075 Eunice Street, Berkeley, CA

**Cost:** \$100 suggested fee. You are free to pay more or less according to your financial situation.

**Teachers:** Eugene Cash and Jeanne Rosenblum

[Click here for more information and to register.](#)

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## Diamond Approach in the World

### *The Rise of the Earth Rising Action Network*



While many in the Ridhwan School may have had concerns about climate issues, the creation of the Earth Rising Action Network didn't happen until Sanjen Miedzinski needed to rent her in-law apartment in June of 2012 and Todd showed up.

Sanjen, a Diamond Approach teacher, had been researching and writing a book exploring the relationship between social, political and economic forces and the damage we are doing to our environment. Todd, a Diamond Approach student and software engineer, had been working to create apps that show the impact of various amounts of greenhouse gases on global warming.

What they had in common was their dedication to the Diamond Approach, but what brought them together were practical life concerns. [READ MORE>>](#)



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