



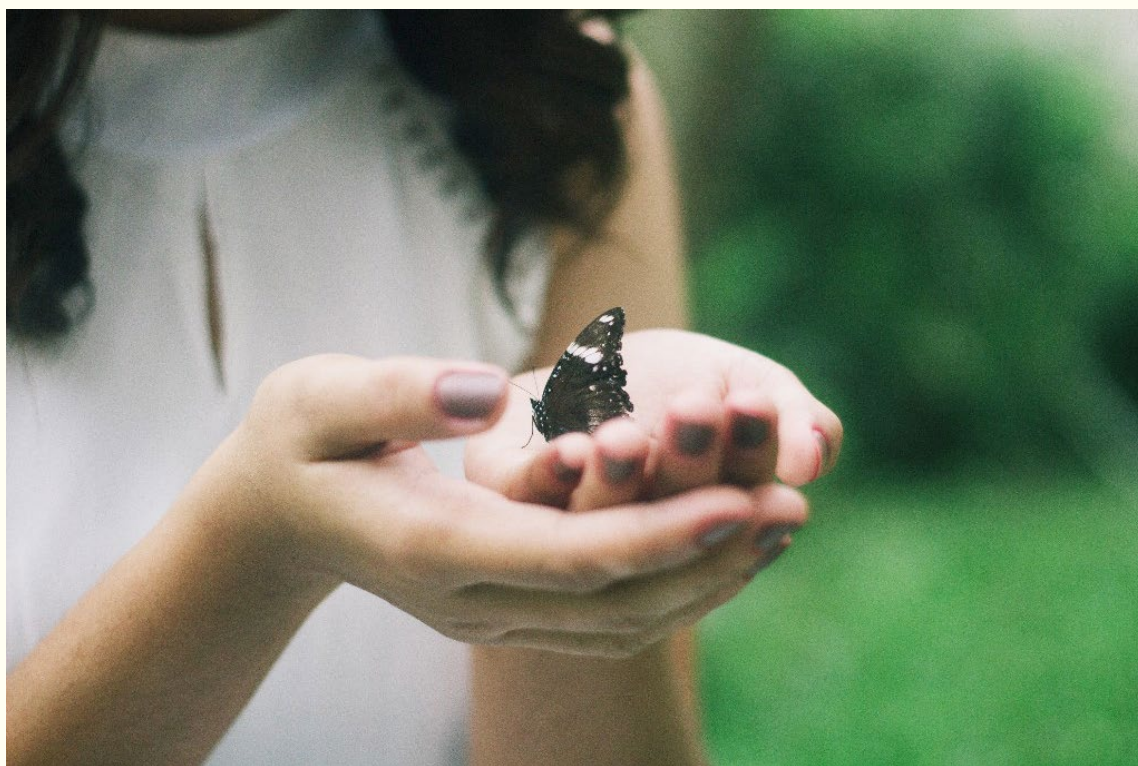
## THE DIAMOND APPROACH®

[Teacher Profile](#)

[Diamond Approach in the World](#)

[Events](#)

[Online Courses](#)



### Your Relationship to Compassion

*"What is the relationship between hurt, truth and compassion? Compassion is a kind of healing agent that helps us tolerate the hurt of seeing the truth. The point of compassion is not to eliminate suffering, but to lead a person to the truth so that she will be able to live the life of truth." - A. H. Almaas*

Compassion is necessary to live a life that is truly authentic. This essential quality of our nature, inherent to everyone, enables us to be with the truth of our experience and arises most explicitly when we are encountering painful challenges. Being present with our pain opens the doorway to the presence of the compassionate heart. This natural response to suffering helps us to develop trust, allows us to be vulnerable and transforms our pain into the presence of gentle loving kindness. This is a central quality for the practice of inquiry that opens us to ever deepening truths of our nature and ourselves.

[Click here for exploration questions to help you inquire into your own relationship to compassion](#)



## Meet the Teachers: Duncan Scribner

In 1976 I was a postdoc fellow at University of Colorado Medical School and a friend told me about an alternative sort of work that was just starting in Boulder. I was doing well in my science career but was beginning to feel unsettled and unsure whether it was really my calling...

[Read More](#)



## Diamond Approach in the World: Being in Motion

Linda Krier, Diamond Approach teacher, discusses how the teachings and practices of the Diamond Approach have informed her work with the body.

[Watch the Video](#)



## Students Share: Love with No Object

I am hiking up a seldom-used trail into a high, wooded mountain valley. My pack is light, and the movement feels good. Though it rains off and on, my rain gear works, and I am comfortable. At times, the trail is so faint I lose it, but the lay of the land is a good guide, and soon...

[Read More](#)



THE RIDHWAN  
FOUNDATION

## Employment Opportunities

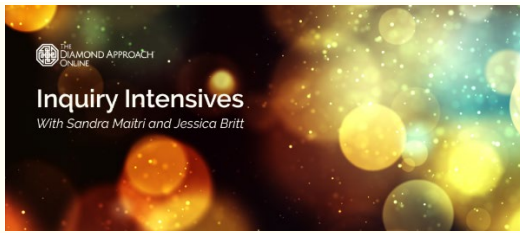
The organization is growing and we need skilled people!

- Bookkeeper/Payroll Associate
- Online Event Hosts

[Learn More](#)



THE  
DIAMOND APPROACH  
ONLINE



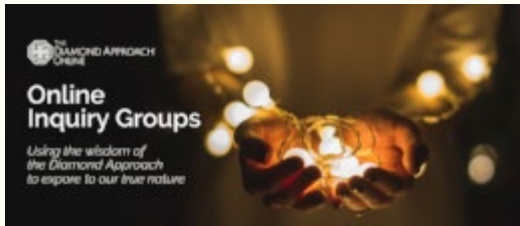
## Inquiry Intensive:

Deepen your capacity to inquire with the support of an international group of other inquiry practitioners in our next intensive:

**"Engaging Our Experience: Body, Breath, and Being"** with Jessica Britt,

August 11-12

[Learn More](#)

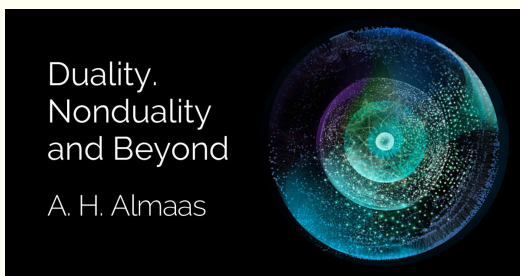


## Online Inquiry Groups

Deepen your personal experience of inquiry by participating in an Online Inquiry Group with a small group of up to 12 participants.

**Groups start in September.**

[Learn More](#)



## Webinars Series with A. H. Almaas

Explore duality, nonduality, and beyond duality in a series of three webinars with A. H. Almaas, hosted in partnership with Science and Nonduality (SAND).

**September 14, 15, 16.**

[Learn More](#)



## Online Book Groups

Explore the foundational teachings of the Diamond Approach in a small group of 15 participants.

Groups start in October.

[Learn More](#)

## Upcoming Events

AUG  
3-5


### The Heart of Life: Loving Kindness

📍 Penzberg, Germany

A weekend exploring the The Heart of Life. The life force provides the sensitivity we need to attune to what really matters to us at the moment. That is the function of the essential quality "loving kindness."

AUG  
10-12

### Diamond Approach Ottawa - The Heart of Inquiry

📍 Ottawa, ON, Canada  New group forming

In this weekend retreat we will explore our inner flame. We will explore how working with self-inquiry and the practice of presence can open our heart and fuel our flame.

AUG  
11

### The Sacred Work of Grief

📍 Berkeley, CA, USA

This daylong explores the powerful and mysterious nature of grief. As we turn our attention to the grief we carry—for self, community, and world—we share our deep emotional selves, which brings us into the circle of restoration and into the arms of the sacred.

AUG  
11

## Warum üben? Die Alchemie des Diamond Approach - ein Praxistag in Berlin

📍 Berlin, Germany

An diesem Praxistag werden wir uns mit Meditation, "Spüren, Lauschen und Schauen" und der Erkundung (Inquiry) beschäftigen, und wie diese Praktiken unser tägliches Leben beeinflussen.

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AUG  
11-  
12

## Inquiry Intensive with Jessica Britt

📍 Online

In this Inquiry Intensive, we will deepen into the practice of inquiry through the exploration of a key ingredient of the Diamond Approach inquiry practice: the breath. We will open to the recognition of ourselves as a living, breathing consciousness.

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AUG  
17-  
19

## Colorado Diamond Heart 9 August Weekend

📍 Boulder, CO, USA  New group forming

In this group, we carefully explore the qualities of Being that connect us to our deeper inner nature through meditation, teachings and experiential exercises, all of which are relevant for one's life in the modern world.

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AUG  
18

## Inquiry Group Online

📍 Online & Florida, USA  New group forming

This inquiry group is open to new participants wherever you may live, especially those who are interested in the newly forming group, Diamond Approach Florida.

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AUG  
21

## "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.

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AUG-  
SEPT  
31-2

## Die Kunst der Selbsterforschung

📍 Winterhur, Switzerland

An diesem Wochenende werden wir die Übung der Selbsterforschung im Diamond Approach praktizieren. Der Kurs wird in Deutsch und Englisch.

SEPT  
1-2

## The Power of Love Benefit Retreat

📍 Berkeley, CA, USA

This weekend we will explore the heart's relationship to, and understanding of, love. We'll examine the qualities that nourishes heartfulness and examine what blocks or reveals the openness, acceptance, joy, pleasure and realness that are part of our heartfulness—our loving nature.

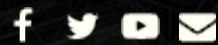
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