



DIAMOND APPROACH

Being with the World As It Is: Hameed on Understanding Violence

It is so challenging to read about the outbreaks of violence around the world these days. The inhumanity and sadness of these events can make many of us feel overwhelmed. In an attempt to understand how the Diamond Approach can help us hold what seems so senseless, Hameed and Emerald Mountain student, Jorge Arango, sat down to talk about the June 12th shootings at Pulse, a gay club in Orlando, Florida that killed 49 people and wounded 53.

JA: This is something that affected me personally as a gay man who is also Latin. But we seem to move at a breathless pace from tragedy to tragedy these days, so I don't want to diminish what has recently happened with the shooting of unarmed black men in Minnesota and Louisiana, the police deaths in Dallas, the recent killings in Baghdad and other acts of violence. And this is a very complex issue...

[READ MORE>>](#)

Meet the Teachers

Rob Merx

How did you find the Diamond Approach?

I found the Diamond Approach through a good friend whose judgment I trusted. She went to one of the first retreats in Germany some 25 years ago. She experienced this retreat as very valuable and effective in providing tools for exploration. So I decided to check it out for myself. I was used to more dynamic and therapeutic ways of working with people and it took me a while to notice and appreciate the subtle realms of Being.

I never felt attracted to teachings where I was required to believe in a doctrine or blindly follow a teaching. In the Diamond Approach I liked the humanness and openness of the teachers.

[READ MORE>](#)



Diamond Approach GROUPS & EVENTS

New Groups



California Diamond Heart 10

August 27

In support for the forming of this new group, a series of experiential weekends designed to introduce the Diamond Approach work to interested students will take place at the Ridhwan Center in Berkeley, CA.

[LEARN MORE>>](#)

Netherlands DAWN 2

August 27

An introduction day to the new ongoing Diamond Approach Group in Cologne, Germany. [LEARN MORE>>](#)

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

Events

Aug 23 - "Das wirkliche Leben beginnt jetzt" D A Buchgruppe Berlin, GERMANY

Selbsterkundung / Inquiry als spirituelle Praxis, Meditation, Körperwahrnehmung und Texte aus dem Buch "das wirkliche Leben beginnt jetzt" von A.H.Almaas begleiten uns durch die Abende. [LEARN MORE>>](#)

Aug 26 - What is Consciousness? Boulder, CO - USA

Our individual consciousness, which in the Diamond Approach is called the Soul, recognizes life as a limitless capacity for depth and discovery. [LEARN MORE>>](#)

Aug 27 - The Pleasure of Being: A Diamond Approach Weekend London, England

In this weekend we will use meditation and open-ended inquiry into our moment-to-moment experience oriented by a love for truth. We will begin an exploration of what the true source of pleasure is for each of us. [LEARN MORE>>](#)

For more events/opportunities, visit our [CALENDAR](#) [here](#)



The banner features a dark blue background with a glowing horizon line. On the left, the text 'Quasar 2016 SYDNEY AUSTRALIA' is displayed in white. In the center, there are two small photographs of A. H. Almaas and Karen Johnson. To their right, their names 'A. H. Almaas' and 'Karen Johnson' are written in large white font. Below this, the title 'Sacred Territory' is written in a very large, bold white font, followed by the subtitle 'Explorations into the Secrets of Existence' in a smaller white font. In the bottom right corner, the location and dates 'Sydney, Australia, 24 - 28 September 2016' are listed in white. A decorative starburst graphic is in the top right corner.

Our journey through this earthly existence is usually rocky, jagged, parched. We live with the promise of some kind of happiness and fulfillment but more often than not, there is little guidance for how to find the holy ground of being. With the correct orientation, we can learn how to use such difficulty to go beyond it to a land of harmony and peace. [LEARN MORE>>](#)



Copyright © 2016 The Ridhwan Foundation, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)