

Diamond Approach Ottawa Montreal

# Wisdom of Inquiry in the Three Centers

An online Diamond Approach Retreat

The Head, Heart, and Belly Centers are subtle organs of perception and action within our individual consciousness. When activated and opened they help guide one's soul to **deeper realms of our True Nature**. During this online retreat we will be Opening to the Guidance that is inherent in each Center utilizing inquiry, meditation, and body-based practices.

The **Belly Center** is where our soul is most in contact with the Earth, helping to ground our realization, deepening our connection to our own body, allowing more optimal functioning in the world from the perspective of Presence in our practical lives.

The **Heart Center** is the home of attunement, sensitivity, empathy, the capacity to feel directly our emotional intelligence and the beauty of our qualities of essential presence. When the heart understands and sheds its heaviness it opens toward living live to its fullest.

The **Head Center** is fundamentally of awareness, discrimination, and clarity. When open it is open-mindedness, where we feel more freedom from historical perspectives, positions, and identifications. Which opens our soul to the Mystery of who and what we truly are.

**Retreat Dates:** May 24th - 28th, 2023

**Cost:** CAD\$550 + tax (hst, gst, qst)

**Schedule:** Wednesday: 2:00pm to 5:00pm EST  
Thursday to Sunday: 9:30am to 5:00pm EST  
(90 min. lunch break)

**For more information & registration:**  
Lisa Barrett - [info@da-om.org](mailto:info@da-om.org)

The Diamond Approach is a path of wisdom through direct experience. An ongoing Diamond Approach group is now forming. The group meets four times a year with interim meetings.  
**The next in-person retreat will be in Ottawa, Montreal Sept. 20th - 24th, 2023.**



The Diamond Approach® - [www.diamondapproach.org](http://www.diamondapproach.org).

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