



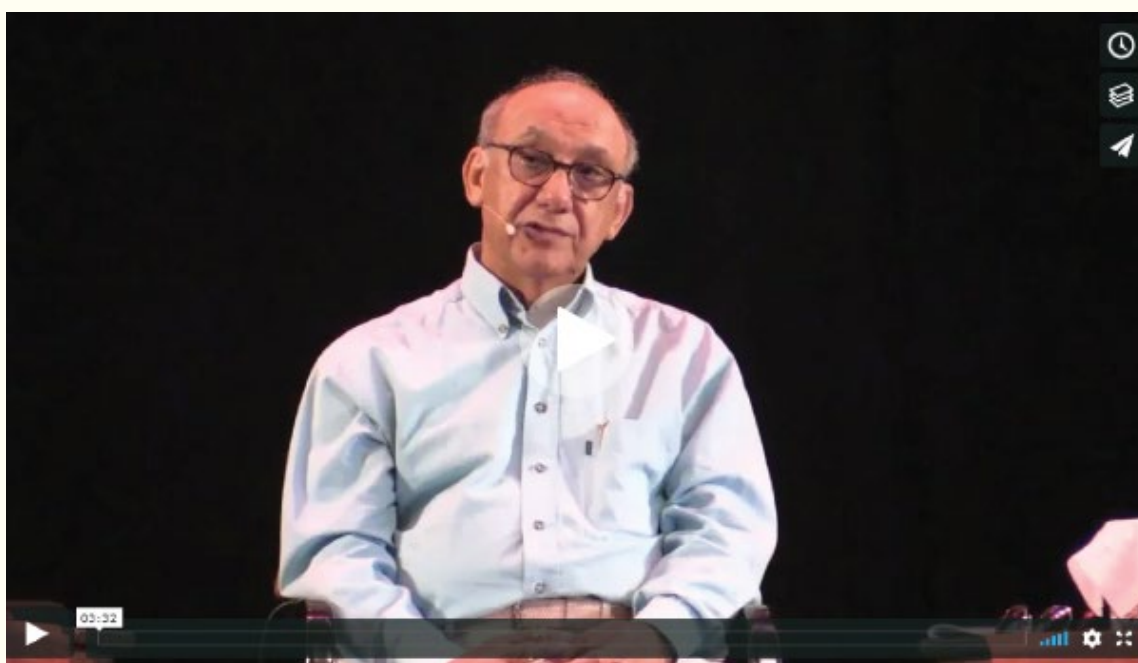
THE DIAMOND APPROACH®

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The Magic that Liberates

A. H. Almaas speaks about "The Magic that Liberates" at the European Summer Retreat in 2017.

[Watch the Video](#)



Meet the Teachers: Kirsten Dumford

I had arrived early for a Roling session and A. H. Almaas's book *The Elixir of Enlightenment* was on the waiting room table. I began to read it. I was just starting out on my spiritual journey at that time, meditating on my own and reading books on Buddhism. I felt stuck by the "ego"....

[Read More](#)



Diamond Approach in the World: Art and Inner Work

In the paintings of Elizabeth Slayton, a Diamond Approach student and teacher, it is not idea, but inspiration that guides the emergence of the image and the exploration of the many ways light reveals the particularity...

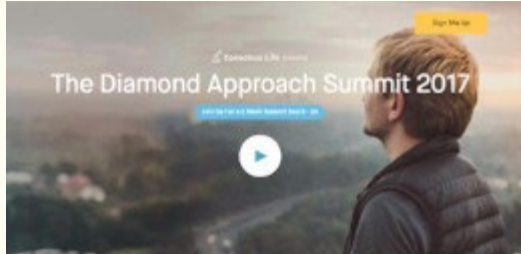
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Students Share: More Fully Myself

I had been married for 45 years when, sadly, my husband died of cancer. We had been living in our family home for a long time and bringing up our three children. I made the decision...

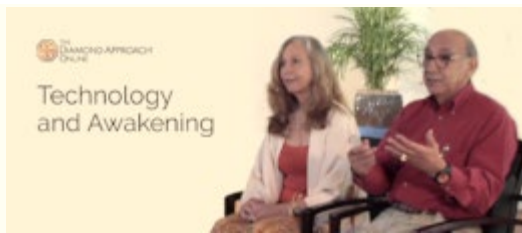
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Diamond Approach Summit

For 14 days starting Friday, December 8, in partnership with Conscious Life, we will be bringing you in-depth workshops with A. H. Almaas, Karen Johnson, Sandra Maitri, Tejo Jourdan, Bob Ball, Jeanine Mamary, and Mayuri Onerheim, all free to watch live.

[Learn More](#)



Technology and Awakening

In this on-demand, online course, A. H. Almaas and Karen Johnson explore how you can integrate technology into your life in a way that supports your inner awakening.

[Learn More](#)

Coming in 2018: Introduction to the Diamond Approach

This 6-week, online course will be an excellent overview of the Diamond Approach with founder A. H. Almaas and teachers, Jeanne Rosenblum, Rob Merx, and Zarina Maiwandi. More information to come in 2018.



Upcoming Events

DEC
1

Köln Meditation

📍 Köln, Germany

Einmal im Monat sind alle Interessierten zu einem Treffen eingeladen, zusammen unter Anleitung eines Diamond-Approach-Lehrers zu meditieren.

DEC
5

Public Talk - Perspective of Spirit in Midst of Suffering

📍 Houston, TX, USA

During the intensity of experience in the city of Houston during Hurricane Harvey, so many people responded in many different ways to the destruction and suffering in their lives and in those around them. Do you recognize the call of spirit within yourself during this time?

DEC
5

"Das wirkliche Leben beginnt jetzt" Diamond Approach Buchgruppe

📍 Berlin, Germany

Die Transformation deiner persönlichen Geschichte geschieht in vielen kleinen Schritten, wie auch durch tiefe Seins Erfahrungen. Selbsterkundung, Meditation, Körperwahrnehmung und Texte aus dem Buch "das wirkliche Leben beginnt jetzt" von A. H. Almaas begleiten uns durch die Abende.

DEC
5,
12,
19

Book Study Group "Soul without Shame"

📍 Kahului, HI, USA

Join us for an exploration of the Inner Critic, a tenacious layer of our personality which prevents expansion, inner peace, and freedom. We will be embarking on our soul's journey to free ourselves from this relentless voice and its oppressive force.

DEC
7-10

Upper Midwest Group 3 December Retreat

📍 Willard, WI, USA  New group forming

A new Diamond Approach Group has started in the Upper Midwest Region and it is currently open and growing.

DEC
9

Webinar: "A Blessed Life" with Laurie Wattell

📍 Sydney, NSW, Australia

Do you freely express your life's blessings? Or is this something you keep for yourself? What if each moment of life is filled with inherent blessings? We will use this webinar to inquire into our ideas as well as the deeper meaning of a blessed life.

DEC
9

The Lataif: Gateways to Essence Practice Day

📍 Boulder, CO, USA  New group forming

This is a new group forming and we welcome new students to explore this dynamic and exciting path of realization.

DEC
13

Doorgaande Inquiry Groep

📍 Hilversum, Netherlands

Inquiry, een vorm van zelfonderzoek, is de centrale beoefening in de Diamond Approach. Deze groep is bedoeld voor mensen die de beoefening van inquiry willen leren of verdiepen en (nog) niet deelnemen aan een doorgaande Diamond Approach groep.

DEC
15-
17

Diamond Approach Weekend Group Netherlands December Weekend

📍 Nijmegen, Netherlands  New group forming

Diamond Approach Weekend Group Netherlands (DAWN2) is now forming as a long-term program that presents the teachings of the Diamond Approach. The content and process of the weekends will progressively build on each other to unfold the work.

JAN
5-7

Basic Trust in Challenging Times

📍 London, United Kingdom

In this weekend we will enter into the fundamental trust that is inherent to our nature. We will explore what prevents this kind of trust manifesting for us during uncertain and difficult times, and what the source of this manifestation of presence is.

JAN
6

Truth Compass - A Diamond Approach Webinar

📍 Boston, MA, USA

In this free webinar, we will explore what can be called an inner Truth Compass—an inherent capacity to know what is true and real in ourselves.

JAN
12

Köln Meditation

📍 Köln, Germany

Einmal im Monat sind alle Interessierten zu einem Treffen eingeladen, zusammen unter Anleitung eines Diamond-Approach-Lehrers zu meditieren.

JAN
12-
14

Seattle - January 2018 Weekend

📍 Seattle, WA, USA  New group forming

We are pleased to invite you to join Cascadia Diamond Approach 4 (CASC4), a newly forming on-going Diamond Approach group based in Seattle, open to students throughout the Pacific Northwest.

JAN
13-
14

Heart of Life: Heart's Desire

📍 Rotterdam, Netherlands

An introductory weekend exploring Heart's Desire. The sacred impulse of the heart is 'I want'. Allowing this pure innocent wanting brings joy and fulfillment.

JAN
14

Inquiry: Doorway To Freedom

📍 Jacksonville, FL, USA

Inquiry, the central practice of the Diamond Approach, offers a powerful, dynamic doorway to a freer life. In this workshop, we will use open-ended inquiry to challenge the barriers that obscure who you really are.

[More Events](#)

Find a Diamond Approach Group

Find a Diamond Approach Teacher



Connect with us



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