



## THE DIAMOND APPROACH™

Teacher Profile

Diamond Approach in the World

Events

Online Courses



"Self-judgment is the constant valuation of yourself according to standards learned in the past. It manifests as attacking and engagement. The more you become conscious of the inner activity of attacking and engagement, the more you realize that almost any mental activity used to stop judgment ends up supporting rather than ending it. This is because the effort to stop the attack is initially motivated by the experience of yourself as the victim of the attack—that is, the child. But as you have seen, acting from that self-image of the child-victim always leads to some form of engagement. In other words, real disengagement requires disidentifying from the child self-image so that you can be truly effective in stopping the attack."

- Byron Brown, *Soul Without Shame: A Guide to Liberating Yourself from the Judge Within*, pg. 197

To learn more about self-judgment, please join us for the upcoming free webinar [\*From Self-Judgment to Self-Compassion\*](#) with A. H. Almaas and Byron Brown, or the self-paced, online video course [\*Soul Without Shame: Exploring the Nature of Self-Judgment\*](#) with Byron Brown.

For more quotes and images like the one above, please follow us on [Facebook](#) or [Twitter](#).



## Meet the Teachers: Lauren Taylor

"I've always thought, wherever truth is being served, I want to explore it and see what it has to offer; to see if it has deep legs. The more I engaged the teaching, the more depth and profundity opened up..."

[Read More](#)



## Students Share: Being Impacted by Diamond Approach Online

Two students who do not live near a local Diamond Approach group share how they are being deeply affected by Diamond Approach teachings through online courses.

[Watch the Videos](#)



## Diamond Approach in the World: Sensing, Listening, and Creating Art

Diamond Approach student Jutta Bosch describes her sensing approach to painting in this conversation with fellow student Jorge Arango.

[Watch the Video](#)



## Today! From Self-Judgment to Self-Compassion: A Free Webinar with A. H. Almaas and Byron Brown

In this free, interactive webinar, A. H. Almaas and Byron Brown will explore the way the Diamond Approach can help us begin to use true strength, compassion, and awareness to reclaim what our coercive inner judge has taken away from us.

[Learn More](#)



## Free Chapters and Video Excerpt

If you're interested in overcoming your inner critic, we'd like to offer you the opportunity to explore some of the material from our online course *Soul Without Shame* to help you decide if it would be a good fit for you.

Click "Learn More" to watch a segment of the course and read chapters of the book the course is based on, for free.

[Learn More](#)

## Upcoming Events

DEC  
1

### [From Self-Judgment to Self Compassion: A Free Webinar with A. H. Almaas and Byron Brown](#)

📍 Online

In this free, interactive webinar A. H. Almaas and Byron Brown will explore the way the Diamond Approach can help us begin to directly address our inner judge and use true strength, compassion, and awareness to reclaim what the judge has taken from us.

DEC  
1-2

### [California Diamond Heart 10 December Weekend](#)

📍 Berkeley, CA, USA  New group forming

In our December teaching we will continue exploring what we call essential aspects, the way our true nature manifests in many different qualities.

DEC  
1-2

## Colorado Diamond Heart 9 December Weekend

📍 Boulder, CO, USA  New group forming

Diamond Heart 9 is an ongoing group that is open to new participants. You are invited to attend a weekend and see if it might be a fit for you.

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DEC  
3

## "Essentielle Verwirklichung - Der diamantene Weg des Herzens" NEUE Buch- und Praxisgruppe in Berlin

📍 Berlin, Germany

Diese Buch- und Praxisgruppe beinhaltet Meditationen und die Möglichkeit, die Erkundung (Inquiry), eine der Kernpraktiken des Diamond Approach, zu praktizieren. Die Texte aus Hameed's Buch begleiten uns dabei.

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DEC  
7

## Köln Meditation

📍 Köln, Germany

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

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DEC  
8

## Webinar: Spirituality in Everyday Life with Andreas Mouskos

📍 Online, Australia

In this free webinar we will delve deeper into the process of discovering what spirituality might mean for each one of us personally and how the Diamond Approach can help us in that exploration.

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DEC  
8

## Praxistag

📍 Köln, Germany

Dieses Angebot ist für Studenten aller Ridhwan Gruppen und gleichzeitig offen für diejenigen, die die Arbeit des Diamond Approach gerne kennen lernen möchten.

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DEC  
11

## "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.

DEC  
14-  
16

### The Heart of Life: Heart's Desire

📍 Penzberg, Germany

In this weekend we explore the desires that control our life. We fall in love with all kinds of things; our mind tells us what we love, and we move out and away from the intimacy of our heart to get what we want. The true heart's desire is not about wanting something from the outside.

JAN  
4-6

### Freedom: A Diamond Approach Seminar

📍 London, UK

In this weekend we will enter into the subject of freedom that is inherent to our nature. Essential freedom is the freedom to express the qualities of our nature, our love, our joy, our kindness, or strength, our power our intelligence, and our sensitivity.

JAN  
6

### De Rode draad in Inquiry; een leergroep van 5 losse dagen over open (zelf) onderzoek

📍 Amsterdam, Netherlands

De intentie van deze 5 dagen is het proces van open (zelf) onderzoek te verfijnen, en de rode draad in je Inquiry te gaan herkennen. Hoe kan open onderzoek leiden tot meer vrijheid in je dagelijks leven? Hoe kan open onderzoek het gevoelde begrip van je ervaring zo verdiepen dat de volle en rijkdom van je menselijke potentieel zich verder blijft onvouwen?

[More Events](#)

[Find a Diamond Approach Group](#)

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