



THE DIAMOND APPROACH®

The Liberated Heart

with A.H. Almaas

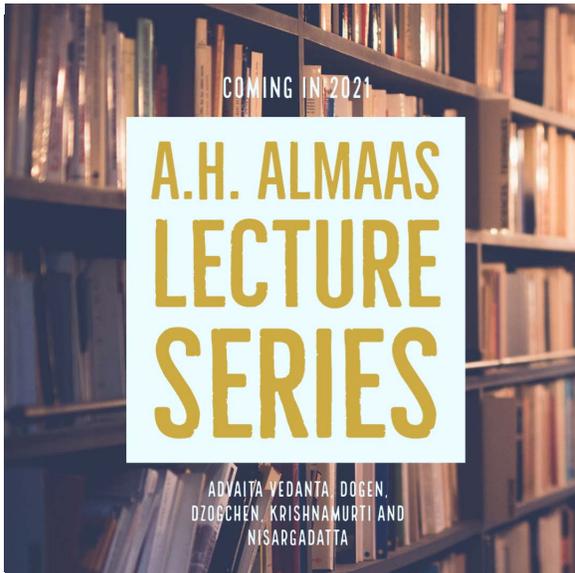
*From the Archives
This talk was recorded in 1986*



In 1986, A. H. Almaas gave a teaching comparing the lower emotional center - a place where many of us function on a daily basis - to a higher emotional center, the liberated heart. Actions, reactions, and patterns of the lower emotional center are the domain of the ego and object relations, which effectively block our ability to be in the present moment.

From the Pearl Beyond Price (1988), Almaas describes an object relation as a mental representation consisting of three parts: a self-image, usually called a "self-representation"; an object-image, usually called an "object-representation"; and the emotional relation or affect between the two, such as love, anger, fear or desire.

To learn how the higher emotional center - the liberated heart - operates, [watch this short clip on the lower and higher emotional centers](#) and share your thoughts on the [Points of Interest blog](#).

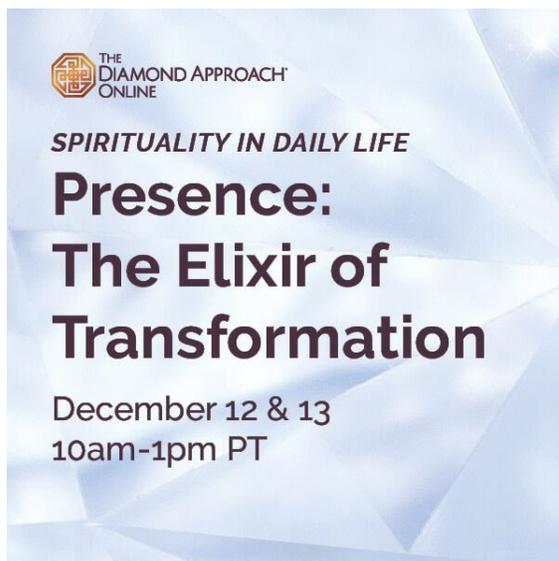


Coming Soon: 2021 A.H. Almaas Lecture Series

Beginning in March through November, A.H. Almaas will deliver a free six-part lecture series on the spiritual teachings of Advaita Vedanta, Dogen, Dzogchen, Krishnamurti and Nisargadatta. More information will be coming soon.

Diamond Approach Online

Final Introductory Event for New Online Group



Karen Johnson & Christof Bosch

In this teaching, we'll provide tools that allow you to open up to presence and experience the effects it can have in your life, as well as the impact it can have in the world.

[Enroll here](#)

Regional Diamond Approach Events

There are Diamond Approach events happening all across the world. Due to the coronavirus pandemic, many of our events have moved online. We are still listing our events based on the geographic location of our teachers, so click on the graphics below to find events in your area.

Want to receive specific news about Diamond Approach events happening in your area? [Sign up for our Regional Newsletters.](#)

