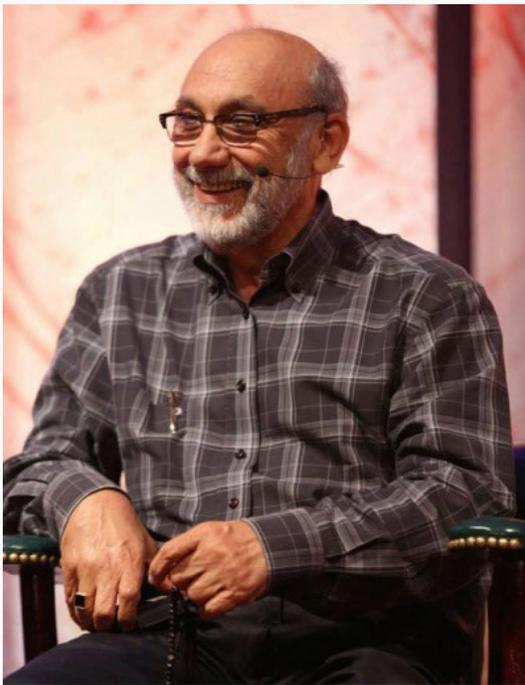




DIAMOND APPROACH

A Teaching

From The Alchemy of Freedom



We live in turbulent times, a time of accelerated change on many fronts that includes a great deal of upheaval. It is in the context of such changing times that I am introducing this most recent teaching, which turns the known paradigms of spiritual awakening upside down, questioning them while still upholding their validity. Inclusivity and freedom are values that emerge in this life-affirming and human-cherishing exploration...

From the perspective of nonhierarchy and the view of totality, we can see the wisdom of this practice in a new way. Wherever we are, wherever we happen to find ourselves, is a manifestation of true nature and contains all of reality. There is no point in striving to be anywhere else. So even if this shift in the teaching seems inaccessible, even if it seems improbable or outlandish, from the perspective of totality, all you need to do is be where you are. You can receive the benefit of this wisdom simply by allowing yourself—your heart and your mind and your body—to be impacted by this teaching.

[The Alchemy of Freedom](#) will be released at the end of February. You can [browse inside the book here](#). Book talks will be held at the Berkeley Center, April 21 and at [Spirit Rock Meditation Center](#), June 18 with the option to earn Continuing Education (CE) credits.

Meet the Teachers

Thomas Weinberg



How did you find the Diamond Approach?

I found out through a good friend of mine that she was bringing a teacher of the Diamond Approach to Maui to introduce this new approach that she had experienced. Living in Hawaii I had experienced many other teachings and none of them really resonated for me. They didn't resonate because most of the teachings and workshops that I was experiencing were more about recipes and quick fixes for realization. I was always left feeling like I needed to reject the place I was in in order to get to a 'better place.'

[READ MORE >>](#)

Diamond Approach Groups & Events

New Groups



February 3-5 - Washington, DC Group

(DADC2) Washington, DC - USA

Our group was formed in 2013 and is still accepting new members. DADC2 will be closing after our next meeting February 3-5, 2017. [LEARN MORE>>](#)

Feb 11 - Waking to the Mystery of Reality, DAWN 2 Intro Event Amsterdam, Netherlands

An exploration of how we can take the mystery of spiritual unfoldment into our daily functioning. An introduction day to the new on-going DAWN 2 group. [LEARN MORE>>](#)

Feb 17-24 - Ridhwan auf Deutsch 2 (RAD 2) Schöntal, Germany

8 Jahre, nachdem die erste Ridhwan-auf-Deutsch Gruppe zusammenkam (RAD), beginnt eine neue fortlaufende Gruppe in deutscher Sprache. Wie

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8 Jahre, nachdem die erste Ridhwan-auf-Deutsch Gruppe zusammenkam (RAD), beginnt eine neue fortlaufende Gruppe in deutscher Sprache. Wie die bestehende Gruppe treffen sich die Teilnehmer zweimal im Jahr für ein 7-tägiges Seminar im Bildungshaus Kloster Schöntal (Nähe Heilbronn). Die RAD 2 Gruppe ist für Teilnehmer aus allen Regionen Deutschlands und des deutschsprachigen Auslands offen. [LEARN MORE>>](#)

Feb 18-19 - Diamond Approach Wochenendgruppen in Hamburg Deutschland (DAWID) Hamburg, Germany

Die Einführungswochenenden dienen dazu die Arbeit des Diamond Approach kennenzulernen. Diese sollen in eine fortlaufende Gruppe ab September 2017. [LEARN MORE>>](#)

Mar 5-12 - Diamond Heart Retreat Group 5 - New Retreat Group Chester, CT - USA

Diamond Heart Retreats are long-term Diamond Approach groups which meet twice a year for eight days each in a residential setting. Our experience with the previous four Diamond Heart Retreat groups is that this format is a rich and powerful way of working on oneself. [LEARN MORE>>](#)

Mar 9-12 - Midwest Group III Retreat Willard, WI - USA

A new Diamond Approach Group has started in the Upper Midwest Region and it is currently open and growing. [LEARN MORE>>](#)

Mar 11-12 - California Diamond Heart 10 (CADH10) Berkeley, CA - USA

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. [LEARN MORE>>](#)

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

Events

Feb 11 - The Art of Inquiry...innere Erkundung als spiritueller Weg Berlin, Germany

This is a group for those who are interested in learning about inquiry as a spiritual practice. It is open to all, whether Ridhwan students or not. [LEARN MORE>>](#)

Feb 12 - Amsterdam Boek Groep 'The Unfolding Now' Amsterdam, Netherlands

De leidraad voor de groep is het boek The Unfolding Now (Nederlandse titel: Het Nu van Moment tot Moment) van A.H. Almaas. Dit boek gaat over hoe de inquiry methode je kan helpen om steeds dieper inzicht te krijgen in wie je werkelijk bent. [LEARN MORE>>](#)

Feb 14 - "Das wirkliche Leben beginnt jetzt" Diamond Approach Buchgruppe Berlin, Germany

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

Feb 18-19 - Living Alone and The Spiritual Life Berkeley, CA - USA

During this day and a half we will be inquiring into the challenges and opportunities implicit for people who live alone, or are un-partnered, using the context of our spiritual work. [LEARN MORE>>](#)

Feb 18 - Inquiry: Doorway to Freedom Boulder, CO - USA

Inquiry, the central practice of the Diamond Approach, offers a powerful, dynamic doorway to a spiritually freer life. Whether you are new to this path or an experienced student, if you want to deepen your process of self-exploration through inquiry, this class is for you. [LEARN MORE>>](#)

Feb 19 - Free Introductory Evening and Open House Berkeley, CA - USA

This free event is designed to provide a taste of the Diamond Approach as presented by two of our CADH10 teachers. This informal setting will allow plenty of time for participants to ask questions and dialog about what is involved in participating in the CADH10 ongoing group as well as visit our center in Berkeley. [LEARN MORE>>](#)

Feb 20-26 - Diamond Approach Meditation Retreat San Rafael, CA - USA

This meditation retreat is an opportunity to immerse oneself in an extended period of silent meditation informed by the Diamond Approach. [LEARN MORE>>](#)

Mar 2 - Gathering Honey: Diamond Approach Inquiry Book Group East Providence, RI - USA

In this group, we will explore the teachings of the Diamond Approach and the practice of inquiry by reading and working with A.H. Almaas' "Diamond Heart Book 1: Elements of the Real in Man." Each meeting will include meditation, inquiry processes and discussion. [LEARN MORE>>](#)

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

The Diamond Approach in the World

*In this issue, we introduce **Diamond Approach in the World**, a new feature that looks at how the orientation of this path arises in individual students and impacts their and others' lives. This particular article by Noell Goldberg is the first in a series about students who work with prison inmates around the world.*



Noell Goldberg is a teacher and member of DHR 1/2/3. She started a hospice program in a men's medium-security prison in 2007 and continues to train and mentor inmates to sit with those dying in prison. She meets with the inmates monthly and has found this work full of moving and humbling surprises—and the men deeply affected by each other and by attending to those who face the most painful possibility of their incarceration, death. While she has also trained women in a maximum-security prison, most of this training and mentoring is with men.

To many people, dying is the worst thing they can imagine. To those who are incarcerated, dying in prison heightens the shock of impermanence and the sense of loss—the loss of hope, opportunity and redemption. The hospice program creates another opportunity, one that supports contact with that which endures and nourishes and redeems, and to the surprise of us all, it does this in an environment that often seems antithetical to the discovery of true nature.

[READ MORE>>](#)

About the School

A Vision of Diversity and Inclusivity

Diversity remains a particularly relevant topic in the world today and also within the Ridhwan School. It has been the subject of many useful and heartening conversations amongst the student and teacher bodies. The statement below arises out of these fruitful contemplations.

The Diamond Approach provides a path for the realization of the individual soul as a unique expression of True Nature. The Diamond Approach's view of totality embraces both the particular expressions of True Nature and the undifferentiated, boundless depth of all manifestation. While the essential templates for this expression are universal, the particular shapes they find are unique to each soul. Souls are influenced not only by personal history but also by culture, race, ethnicity, gender, gender identity, sexual orientation, class, age, physical ability and various other differences between human beings. The Diamond Approach appreciates these differences and is open to understanding them more deeply, including examining our blind spots in these areas.

[READ the full statement>>](#)



DIAMOND APPROACH ONLINE

INQUIRY

THE VEHICLE OF ENDLESS ENLIGHTENMENT

A.H. Almaas • Karen Johnson • Jessica Britt • Sandra Maitri

Registration for this new 12-week online course starts Monday, Feb. 6.



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