



## THE DIAMOND APPROACH®

Teacher Profile

Students Share

Online Courses

Events



### Awakening and Development

Hameed Ali (A. H. Almaas) speaks about awakening and development in this clip from the upcoming *Introduction to the Diamond Approach* online course.

[Learn more about the course.](#)

Watch the Video



## Meet the Teachers: Eugene Cash

Two people recommended the Diamond Approach. My supervisor, when I trained as a psychotherapist, said that Hameed Ali (the founder of the Diamond Approach) had a deep understanding of human psychology, and my friend, Buddhist teacher Jack Kornfield, highly recommended it...

[Read More](#)



## Encrusted Interview: Basha Brownstein

In this new interview series, Diamond Approach student Dan Chapman interviews other Diamond Approach students. This month, he speaks to Basha Brownstein, Diamond Approach student in the Cascadia 3 group.

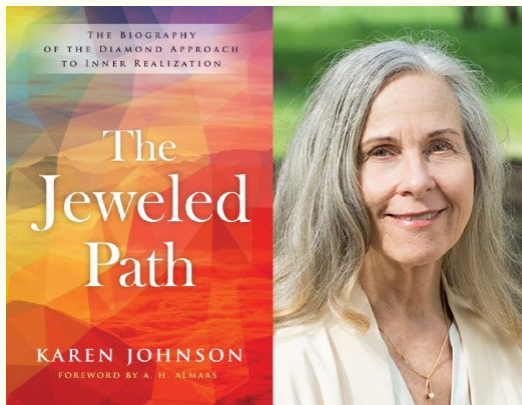
[Watch the Video](#)



## Students Share: Moss in Winter

Moss is more widespread than we know. It thrives in undisturbed places, the margins of our life...

[Read More](#)



## Book Talks with Karen Johnson

Diamond Approach co-founder Karen Johnson will be speaking about her new book describing the development of the Diamond Approach.

March 1 - Boulder, CO, USA

April 21 - London, UK

May 6 - Amsterdam, Netherlands

[Learn More](#)



## Job Opportunity

We are looking to hire a Webmaster.

[Learn More](#)



## Introduction to the Diamond Approach

Our 6-week, online course starts February 12.

[Learn More and Watch the Video](#)

## Upcoming Events

FEB  
2-3

### Opening to Compassion - An Introduction to the Diamond Approach

📍 Seattle, WA, USA

This teaching offers participants a glimpse of the barriers to being in touch with compassion, and a time and place to contact this fundamental quality.

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FEB  
3

### Truth Compass 2 - A Diamond Approach Webinar

📍 Boston, MA, USA

In this free webinar, we will explore how our experience of what is true is heavily determined not by what is actually present to us, but instead is falsely shaped by our historically conditioned sense of who we are.

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FEB  
3

### Online Inquiry Group

📍 Online

Please join us for this six-week, live inquiry group. Inquiry, the central practice of the Diamond Approach, offers a powerful, dynamic doorway to becoming more intimate with our own personal experience in the moment.

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FEB  
8

### Book Study Group - Spacecruiser Inquiry

📍 Berkeley, CA, USA

Please join us for a book study group on "Spacecruiser Inquiry" by A. H. Almaas, founder of the Diamond Approach, a contemporary path to realization.

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FEB  
12

### Diamond Approach Online - Introduction to the Diamond Approach

📍 Online

A six-week, online course exploring the Diamond Approach with A. H. Almaas, Jeanne Rosenblum, Zarina Maiwandi, and Rob Merkx.

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FEB  
13

### "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.

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FEB  
16

### 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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FEB  
17-  
18

### February Weekend in Johannesburg: The Flame of the Search

📍 Johannesburg, South Africa

Why are you here? What's it about? What really matters to you? These questions can burn and become a flame, a palpable presence drawing you towards finding and living what is truly satisfying for you.

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FEB  
19

### Inquiry Groep

📍 Hilversum, Netherlands

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

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FEB  
22

### Book Study Group Spacecruiser Inquiry

📍 Berkeley, CA, USA

This will present an overview of the journey from personality to being. The evening will include meditation, a short talk and a chance to practice inquiry, one of the core practices of the Diamond Approach.

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FEB  
24-  
25

### Cape Town Weekend: The Flame for Truth

📍 Cape Town, South Africa

Why are you here? What's it about? What really matters to you? These questions can burn and become a flame, a palpable presence drawing you towards finding and living what is truly satisfying for you.

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FEB  
25

### "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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MAR  
1

### Book Talk with Karen Johnson - The Jeweled Path

📍 Boulder, CO, USA

In her new book, *The Jeweled Path*, Diamond Approach co-founder Karen Johnson gives a warm, personal, and often humorous look behind the scenes of the unfolding of the Diamond Approach.

[More Events](#)

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