



THE DIAMOND APPROACH®

Teacher Profile

Students Share

Events

Online Courses



The Truth of Your Experience Happens in the Now

Diamond Approach teacher Jeanne Rosenblum explores how spiritual transformation comes from engaging with the truth, and the only way to engage with the truth is to be open to all of your experience.

Meditation is one way you can start to engage with your truth. Jeanne is one of the teachers for our upcoming online seminar "[Meditation with the Diamond Approach](#)," which is part of our Spirituality in Daily Life Seminar Series. Learn more about Jeanne and the seminar [here](#).

Watch the Video



Meet the Teachers: Dorienna Wolff

"I lived and worked in Holland when I first read the book *Essence with the Elixir of Enlightenment*. It had a deep impact on me. After reading it, I wanted to be closer to the source of these teachings. I found a contact number in the back of the book. I called a number from Holland and they told me that some teachers were doing a workshop on "the flame" in Esalen. I had no idea what Esalen was. I went to San Francisco and took a bus in the early morning to Monterey. ..."

[Read More](#)



Students Share: Be Kind to Yourself, She Said, Be Kind

Be kind to yourself, she said, be kind.

Now is not the time for playing games that cannot be won

Or for setting sail for destinations that cannot be reached.

Nor is it the time for recriminations for puzzles unsolved, needs unmet, mountains unscaled.

[Read More](#)



Dramatischer Ansatz in der Welt: Jutta Bosch

Jutta Bosch ist Studentin des Diamond Approach und kommt von Deutschland. Sie erklärt wie ihre künstlerische Ausdrucksweise vom Diamond Approach beeinflusst wurde.

[\(Watch the video in English.\)](#)

[Video Ansehen](#)



Spirituality in Daily Life Seminar Series

We're launching a series of seminars on Spirituality in Daily Life to offer you practical methods for navigating life's challenges with spiritual support.

Each three-hour, live, online seminar is USD \$35.



Meditation with the Diamond Approach

In the first seminar you will learn two core meditation practices of the Diamond Approach. The "Sensing, Looking, and Listening" practice will help you awaken to embodied sensation, and the "Kath Meditation" will help you develop a sense of grounding, inner support, and concentration.

[Learn More](#)



Life Transitions and the Diamond Approach

Coming in April! Watch for more information coming soon.



Body, Breath, and Being with the Diamond Approach

Coming in May! Watch for more information coming soon.

Upcoming Events

FEB
1-3

Hamburg Februar Wochenende

📍 Hamburg, Germany  New group forming

Es gibt eine neue Diamond Approach Gruppe, die sich an 5 Wochenenden im Jahr in Hamburg-Altona trifft. Zu dieser fortlaufenden Gruppe sind neue Teilnehmer eingeladen.

FEB
8

Freedom to Discover: An Introduction to the Diamond Approach

📍 Philadelphia, PA, USA  New group forming

Diamond Approach Philadelphia is starting a new group that is open to new students.

FEB
8

Köln Meditation

📍 Köln, Germany

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

FEB
8-10

Colorado Diamond Heart 9 February Weekend

📍 Boulder, CO, USA  New group forming

In this group, we explore the qualities of Being that connect us to our deeper inner nature through meditation, teachings and experiential exercises, all of which are relevant for one's life in the modern world.

FEB
8-10

The Lataif: Gateways to Essence - Essential Will

📍 Willard, WI, USA  New group forming

This weekend we will explore Essential Will, the quality of Being that connects us to our deeper inner nature.

FEB
9

Diamond Approach Florida Online Inquiry Group Series

📍 Online  New group forming

Please join us for this exciting six-week online inquiry group series via Zoom videoconferencing. New members are very welcome to attend.

FEB
9

Inquiry: A Bold Adventure

📍 Philadelphia, PA, USA 👥 New group forming

We need energy and strength for inner exploration - to penetrate our fixed positions, to stay engaged when we feel challenged, and to be open to what is mysterious and unknown to us. Learn how courage helps us to see what is false within us and discover what is real.

FEB
9

MeToo Men's Inquiry Group: Deepening Integrity, Nobility, and Self-Respect

📍 Berkeley, CA, USA

Open-ended discussion and inquiry for men into how the #MeToo movement is affecting you—your understanding of yourself, others, relationships, social norms, and human development.

FEB
10

Compassion Opens Understanding

📍 New Hope, PA, USA 👥 New group forming

When our inquiry has gentleness and kindness, we can trust, relax, and open up. Learn how true inquiry includes compassion so we can welcome our entire experience, including our pain and suffering.

FEB
11

"Essentielle Befreiung-Der diamantene Weg des Herzens" NEUE Buchgruppe 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.

FEB
15-
17

Cape Town Weekend - Inquiry into Compassion

📍 Cape Town, South Africa

Life brings many challenges, and without heart it can seem pretty cold and hard. Courage will take you some of the way. But there are times when you need the kindness and warmth of compassion.

FEB
16

The Contemporary Pilgrim: A Spiritual Journey in Today's World

📍 New York, NY, USA  New group forming

Join this newly forming Diamond Approach group for a daylong exploration of the call to a spiritual journey. What is it in us that prompts a pilgrimage from the known to the unknown? What supports us on our path?

FEB
16-
17

Aufrichtig - Ein Diamond Approach-Einführungsworkshop in Frankfurt

📍 Frankfurt, Germany

Im Workshop vermitteln wir neben Vorträgen zum Thema vor allem das zentrale Instrument des Diamond Approach: achtsame Selbsterkundung. Selbsterkundung führt unmittelbar zur eigenen Wirklichkeit und erforscht sie.

FEB
17

Meditations -und 5 Movement Gruppe in Berlin

📍 Berlin, Germany

Dieser Raum ist eine Gelegenheit, in eine Zeit der Meditation einzutauchen, die vom Diamond Approach geprägt ist. Diese Zeitspanne erlaubt es uns, uns der Praxis zu widmen und den direkten Kontakt mit dem Sein und der Gegenwart einzuladen.

FEB
17

Opening the Heart to Loving Kindness

📍 Carrollton, TX, USA  New group forming

Join us as we explore the role of compassion on the spiritual journey and in our day-to-day life, as well as how to open to the loving kindness that is naturally available. As we open to our sensitivity, our heart instinctively opens as well.

FEB
22-
24

Johannesburg Weekend - Inquiry into Compassion

📍 Johannesburg, South Africa

Life brings many challenges, and without heart it can seem pretty cold and hard. Courage will take you some of the way. But there are times when you need the kindness and warmth of compassion.

FEB
22-
24

Soul Without Shame - From Inner Critic to Inner Freedom

📍 Byfield, MA, USA  New group forming

This workshop will teach you how to recognize the underlying beliefs and patterns that keep your inner judge in place. Through experience, you will come to see how learning more of the truth about the inner critic can actually guide you to greater inner freedom.

FEB
23

California Diamond Heart 10 February Daylong

📍 Berkeley, CA, USA  New group forming

California Diamond Heart 10 Big Group Meetings are open to all those truly interested in joining this local Diamond Approach group.

MAR
3

Opening the Heart to Loving Kindness

📍 Fort Worth, TX, USA  New group forming

Join us as we explore the role of compassion on the spiritual journey and in our day-to-day life, as well as how to open to the loving kindness that is naturally available. As we open to our sensitivity, our heart instinctively opens as well.

MAR
3-10

Diamond Heart Europe 3 March 2019 Retreat

📍 Stadland-Seefeld, Germany  New group forming

Diamond Heart Europe 3 is an international retreat-style Diamond Approach group that meets twice a year for a residential 7-day retreat. The group will close permanently to new members after this retreat.

MAR
7-10

Upper Midwest Diamond Approach 3 Retreat

📍 Willard, WI, USA  New group forming

This group is currently open to new students and is held in a residential retreat four times a year. Each retreat includes a focus on specific topics which help us connect with our True Nature and supports living and functioning more fully as our true-self in the world.

[More Events](#)

[Find a Diamond Approach Group](#)

[Find a Diamond Approach Teacher](#)

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