



DIAMOND APPROACH

Spiritual Politics? Am I Doing Enough?



(From a recent teaching by Jessica Britt)

At any given moment, a person on the spiritual journey can be faced with a strong inner question of what is right action in terms of my spiritual life in relationship to my personal life, my creative life, my social life and, for some, my political life. It is a deeply personal question: Where does my inner work meet my outer life on the planet Earth?

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Meet the Teachers

Stefan Haarhaus



How did you find the Diamond Approach?

I had met my first teacher John G. Bennett, who was a well-known student of Gurdjieff, while still quite young. I felt it as a huge inspiration and in some way it 'put my feet on the Path'. After his death it gradually became clearer to me that I needed more guidance and teaching. Some of my old companions recommended the Diamond Approach in the US, and when I read the "Diamond Heart" books I felt the 'ring of Truth' in the

words. On my first introductory week-end and engaging my first exercise I felt very clearly: 'This is what I need! This is reaching a place in me that has been stuck for so long'.

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Diamond Approach GROUPS & EVENTS

New Groups



Diamond Approach Seattle 3 – DAS3

January 13 - 15, 2017

We are pleased to invite you to join DAS3, a newly forming on-going Diamond Approach group based in Seattle, open to students throughout the Pacific Northwest. [LEARN MORE>>](#)

Diamond Approach Amherst, MA

January 14 - 15, 2017

The Diamond Approach is a journey toward uncovering the essence of who we really are, beneath all the layers of social conditioning and cultural expectation. [LEARN MORE>>](#)

UK 4

January 27 - 29, 2017

These introductory weekends are designed as the foundation course for the fourth UK residential retreat group. These weekends are recommended for students wishing to join UK4. [LEARN MORE>>](#)

California Diamond Heart 10

January 28 - 29, 2017

These introductory weekends are open to all and no previous experience is needed to attend or to apply to the newly forming DH10 group. [LEARN MORE>>](#)

Washington, DC - New Group

February 3 - 5, 2017

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>>](#)

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

Events

Jan 10 - "Das wirkliche Leben beginnt jetzt" Diamond Approach Buchgruppe Berlin, Germany

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

Jan 13 - Freedom, Ego and Inner Critic part 1 Amherst, MA - USA

Through meditation, teachings, and the practice of personal inquiry, we will: explore the nature of freedom, explore the nature of ego and inner critic, identify and work with disengaging from the inner critic, explore what it is to be truly ourselves. [LEARN MORE>>](#)

Jan 14 - A Teaching on the Inner Judge (Superego) Arlington, VA - USA

This day-long teaching will be a support for us to recognize, identify, and begin to separate from the grip of this pattern, so we can be free to follow our deepest desire. [LEARN MORE>>](#)

Jan 14 - Essential Perception: Portal To Liberation Boulder, CO - USA

From the perspective of the Diamond Approach®, our perceptual capacity is a doorway to intimately contacting and knowing the essence of who we are. [LEARN MORE>>](#)

Jan 14 - Praxistage Köln, Germany

Jeder Einzelne kann diesen Raum von dort aus nutzen , wo er/sie gerade steht um seine/ihre Praxis zu vertiefen , voneinander zu lernen und offene Fragen gemeinsam zu bewegen. [LEARN MORE>>](#)

Jan 14 - Amsterdam Boek Groep 'The Unfolding Now' Amsterdam, Netherlands

Dit boek gaat over hoe de inquiry methode je kan helpen om steeds dieper inzicht te krijgen in wie je werkelijk bent. [LEARN MORE>>](#)

Jan 18 - Aliveness in the Movements: Diamond Approach Five Movements Practice Auburndale, MA - USA

The Five Movements Practice is a way to explore the remarkable, inner landscape that lives within your body's sensations, movements and expressions. [LEARN MORE>>](#)

Jan 19 - 21 - Heart of Life Penzberg, Germany

Three introductory weekends exploring the Heart of Life through the central practices of the Diamond Approach. [LEARN MORE>>](#)

Jan 19 - 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." [LEARN MORE>>](#)

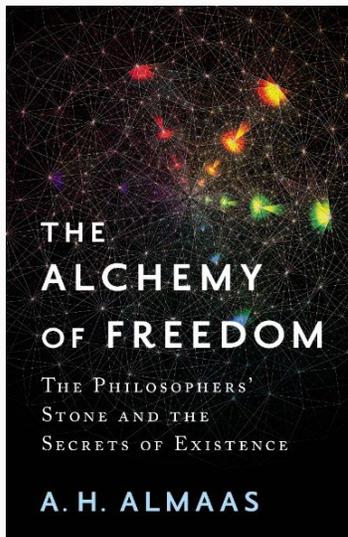
Jan 21 - Introductory Retreat – “Opening to Our Depth” Kensington NSW - Australia

In this in-person, two-day, non-residential weekend retreat we will explore how the Diamond Approach® uses open-ended inquiry into our immediate experience to invite our consciousness to reveal what is under the surface. [LEARN MORE>>](#)

Jan 28 - Inquiry: Doorway To Freedom Jacksonville, FL- USA

Inquiry, the central practice of the Diamond Approach®, offers a powerful, dynamic doorway to a spiritually freer life. This class includes a talk, meditation, inquiry and small group processing. [LEARN MORE>>](#)

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



COMING IN FEBRUARY

The Alchemy of Freedom

"The essence of reality turns out to be a kind of simplicity difficult to appreciate or grasp because of how indeterminate it is. Emptiness simply expresses it; so does awareness, love, truth, or creative dynamism... We begin to appreciate that the freedom of reality expressed in the complete and fulfilled life all human beings seek—and few find—is actually the simplicity of the ordinary."

Scheduled to be released at the end of February, look for next month's e-news for a link to "Browse Inside." Book talks will be held at the Berkeley Center, April 21 and Spirit Rock Meditation Center, June 18.



DIAMOND APPROACH ONLINE

New Online Class starting in February

In partnership with Sounds True and hosted by Tami Simon, a new 12-week online course "Inquiry: The Vehicle for Endless Enlightenment" will feature A. H. Almaas, Karen Johnson, Jessica Britt and Sandra Maitri. Scheduled to start at the end of February, we hope you will join thousands around the world for this online opportunity.



The Leaves

The leaves always talked to him, suggesting he settle down, let go of his anxious whirling and concerns about what was being done when; he had difficulty beginning if he had no idea where he was going, or of what would come next; the fear arose of not being prepared, of being caught in the open, vulnerable to attack. It was as though he lived in a time of war, and he wondered if these feelings arose from another life—as though this one was not enough, that the attacks of criticisms and corrections were not as damaging as bombs. So the leaves knew and he trusted their good intentions, the way they looked down at him, and up at the sky at the same time; they heard the bells from the old church, just as he did, and were formed of a similar wisdom and love—of letting go, of relaxing, of dropping the war that raged only in his mind.



~Richard Wehrman
Diamond Approach Student

photo credit: Nicole Beers, Diamond Approach Student



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