



THE DIAMOND APPROACH®

Teacher Profile

Students Share

Online Courses

Events

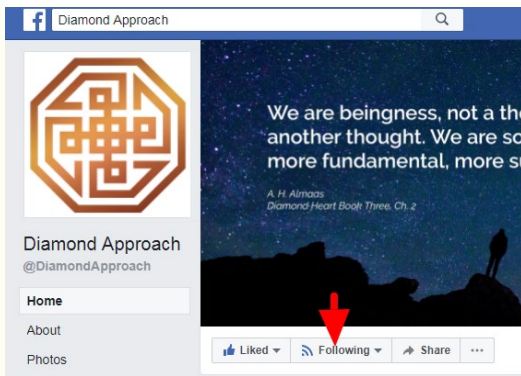


The Jeweled Path

Karen Johnson, co-founder of the Diamond Approach, speaks about her recently published book and the book talks she's offering.

Karen's first book talk will be in [Berkeley on January 26.](#)

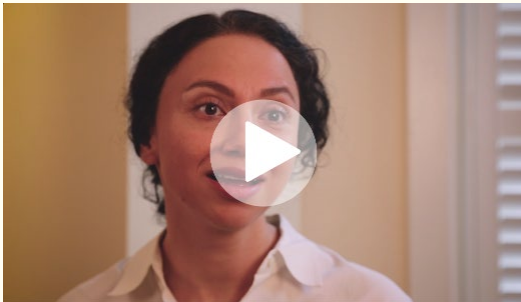
Watch the Video



Live Book Release

You can watch Karen's book release **LIVE on Facebook** on January 9 at 1:30 p.m. Pacific time. Follow the Diamond Approach Facebook page to be notified when it starts.

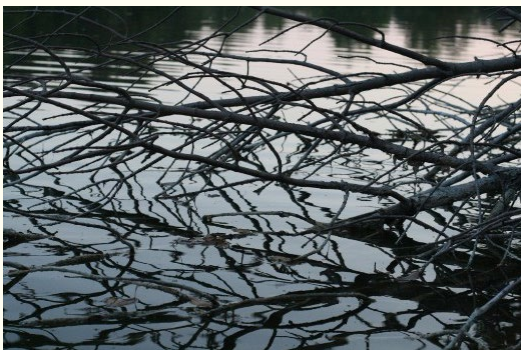
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Meet the Teachers: Zarina Maiwandi

When I was 24 years old, I met someone who was unlike anyone else I had known. The difference was striking. I could never quite work out exactly what it was about him that caught me, that made so much of my life seem slightly off or out of step. He had some way of being, of speaking...

[Read More and Watch the Video](#)



Students Share: Sacrifice

The direction seemed to lead either toward the fear, external and increasing, and by involvement with the outer only add to what grew larger on its own...

[Read More](#)



Job Openings

We are looking for an Interim Online Program Director and two Group Administrator-Coordinators.

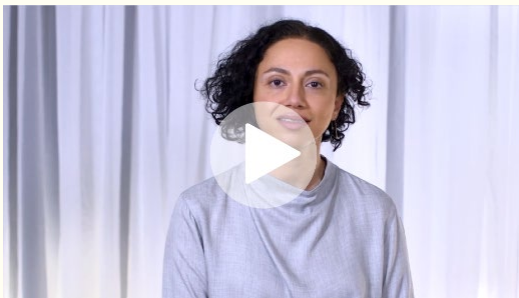
[Learn More](#)



Technology and Awakening

Watch a free segment of the course in which A. H. Almaas talks about how we can share the fullness of our hearts and being through our communication.

[Learn More and Watch the Video](#)



Introduction to the Diamond Approach

Watch an invitation to the course coming in February 2018.

[Learn More and Watch the Video](#)

Upcoming Events

JAN
5-7

Basic Trust in Challenging Times

📍 London, United Kingdom

In this weekend we will enter into the fundamental trust that is inherent to our nature. We will explore what prevents this kind of trust manifesting for us during uncertain and difficult times, and what the source of this manifestation of presence is.

JAN
6

Truth Compass - A Diamond Approach Webinar

📍 Boston, MA, USA

In this free webinar, we will explore what can be called an inner Truth Compass—an inherent capacity to know what is true and real in ourselves.

JAN
12

Köln Meditation

📍 Köln, Germany

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

JAN
12-
14

Seattle - January 2018 Weekend

📍 Seattle, WA, USA  New group forming

We are pleased to invite you to join Cascadia Diamond Approach 4 (CASC4), a newly forming on-going Diamond Approach group based in Seattle, open to students throughout the Pacific Northwest.

JAN
13-
14

Heart of Life: Heart's Desire

📍 Rotterdam, Netherlands

An introductory weekend exploring Heart's Desire. The sacred impulse of the heart is 'I want'. Allowing this pure innocent wanting brings joy and fulfillment.

JAN
14

Inquiry: Doorway To Freedom

📍 Jacksonville, FL, USA

Inquiry, the central practice of the Diamond Approach, offers a powerful, dynamic doorway to a freer life. In this workshop, we will use open-ended inquiry to challenge the barriers that obscure who you really are.

JAN
16

Introduction to the Diamond Approach

📍 Ann Arbor, MI, 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.

JAN
16

"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.

JAN
17-
21

Retreat for New DAA7 Group - "Resilient Strength"

📍 Kensington, NSW, Australia  New group forming

Resilient strength brings to the soul a sense of capacity and potency, a courageous heart and a discriminating mind. All of these are key elements for building our capacity to disengage from our Inner Critic and live life with passion.

JAN
19

Free Public Introductory Talk - Living a Fulfilling Life

📍 Kensington, NSW, Australia

We all want to live a fulfilling life. In this event we will explore the underlying causes of fulfillment and the actions we can take to increase our level of fulfillment in a more consistent and reliable way.

JAN
19-
21

The Heart of Life: The Courageous Heart

📍 Penzburg, Germany

The Courageous Heart is willing to step out of the familiar and out of what is comfortable; it has the strength and courage to follow how life is changing, unfolding and optimizing.

JAN
20-
21

Diamond Approach Boston 4 Weekend

📍 Auburndale, MA, USA  New group forming

This group is open to new students who want to learn the Diamond Approach method of uncovering the essence of who you really are, beneath all the layers of social conditioning and cultural expectation.

JAN
22

Vulnerability and the Spiritual Journey

📍 Houston, TX, USA

In this teaching, we will look at the impact of our human vulnerability as it relates to the spiritual journey: its importance, its challenge, its blessing, and its power to open our heart to the richness of our true nature.

JAN
26

Book Talk with Karen Johnson - The Jeweled Path

📍 Berkeley, CA, 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.

JAN
27-
28

California Diamond Heart 10: Life Force

📍 Berkeley, CA, USA  New group forming

The discovery of essential nature is the beginning of the real life. In this weekend, we will explore how life relates to pure consciousness, to aliveness and to our life force.

JAN

Holding Your Ground

📍 Amherst, MA, USA

27-
28

An opportunity to experience elements of the Diamond Approach through meditation, talks, inquiry, and exercises. This weekend will focus on "Holding Your Ground," developing the capacity to stay present, steadfast, resilient, and open to our experience.

JAN
28

Webinar: Closing Down to Our Experience

📍 Online 👥 New group forming

In this webinar, we will bring awareness to one of the main obstacles that arises when we begin engaging our immediate experience. This webinar is an introduction to the Diamond Approach and the new Diamond Approach Asia group.

JAN-
FEB
28-
02

Skiing and Inquiry in the Swiss Alps

📍 Switzerland

For skiing you need grounding, confidence and a complete openness to what is there in the moment – and then you will be in a flow. We will meditate, go skiing, and do inquiry together.

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.

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.

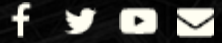
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Find a Diamond Approach Group

Find a Diamond Approach Teacher



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