



THE DIAMOND APPROACH™

[Teacher Profile](#)

[Students Share](#)

[Events](#)

[Online Courses](#)



Your Relationship to Being Real

"So at some point, we see that spiritual practice is a matter of learning reality, learning to recognize realness, learning to be real, and learning to be ourselves in our realness. And we see that we are only interested in learning these things if we have the appreciation and love of being real. We have to love being genuine to go through the trouble and the discipline of inner work. It is because we are being authentic, because we are approaching reality, because we are being touched by reality, that we love it and are willing to go through the various processes of acknowledging and seeing the truth—whether painful or scary or pleasurable. Our first step is to recognize the love and appreciation in us that draws us to reality. Regardless of what motivation we start with for doing inner work, our love of reality

at some point reveals itself if we are sincere. We recognize that we just like being near reality, we love being comfortable with it and having no conflicts about it, and we like being as intimate with it as possible. We want to become so intimate that we simply are what is real . . . and that is what we love."

A. H. Almaas, *The Unfolding Now: Realizing Your True Nature through the Practice of Presence*

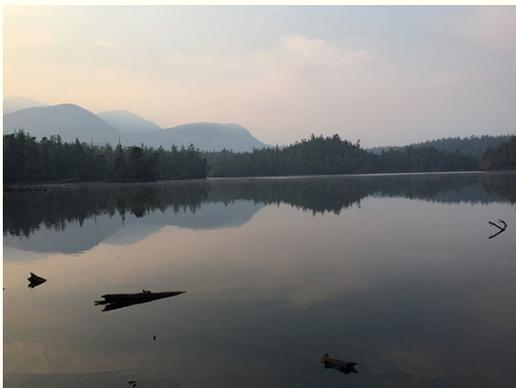
[Click here for exploration questions to help you inquire into your own relationship to reality and realness](#)



Meet the Teachers: Greg Knight

"I learned about the work from a colleague and mentor of mine who had been participating in the Diamond Approach for a few years. I was looking for a community to explore 'spiritual work.' I had studied philosophy and psychology in college, had tried different teachings and approaches..."

[Read More](#)



Students Share: Serene Solitude Supports

Serene solitude supports...
sublime silky silence sustains...
I love the soft sibilance of these sounds
as I bask in the afterglow of my annual
camping trip with women friends.

I am not a solitude-seeking soul...

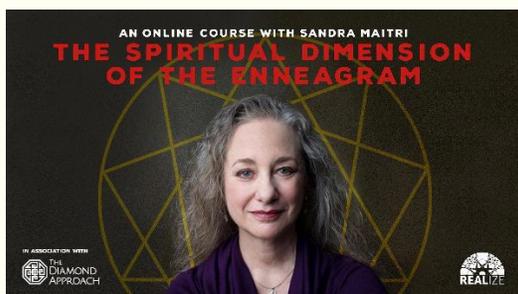
[Read More](#)



Soul Without Shame: Live Session with Byron Brown

If you're interested in taking this self-paced, online course, we'd like to let you know that teacher Byron Brown will be offering a **live Question and Comments session on January 19**, at no charge for enrollees, to support your course experience.

[Learn More](#)



The Spiritual Dimension of the Enneagram

This self-paced course offered in partnership with Realize Media explores the nine Enneagram personality types and the patterns of mental, emotional, and behavioral tendencies that develop so we can develop greater understanding and acceptance of

ourselves and others and detach from the inner structures that separate us from our spiritual depths.

[Learn More](#)

Upcoming Events

JAN
4-6

Freedom: A Diamond Approach Seminar

📍 London, UK

In this weekend we will enter into the subject of freedom that is inherent to our nature. Essential freedom is the freedom to express the qualities of our nature, our love, our joy, our kindness, or strength, our power, our intelligence, and our sensitivity.

JAN
6

De Rode draad in Inquiry; een leergroep van 5 losse dagen over open (zelf) onderzoek

📍 Amsterdam, Netherlands

De intentie van deze 5 dagen is het proces van open (zelf) onderzoek te verfijnen, en de rode draad in je Inquiry te gaan herkennen. Hoe kan open onderzoek leiden tot meer vrijheid in je dagelijks leven? Hoe kan open onderzoek het gevoelde begrip van je ervaring zo verdiepen dat de volle en rijkdom van je menselijke potentieel zich verder blijft ontvouwen?

JAN
11

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-

True Strength and the Inner Critic: "I Can" Meets "Don't You Dare"

13

📍 Amherst, MA, USA  New group forming

In this weekend we will explore the aspect of strength, the red essence. Its loving, dynamic energy supports us in standing for the truth of who we are, and is a vital ally in liberating us from the tyranny of the inner critic.

JAN
13

Praxistag "Facetten der Freude"

📍 Berlin, Germany

An diesem Tag beginnen wir den Facettenreichtum der Freude zu erkunden. Wenn die wahre Freude entdeckt wird, kann sich diese als blubbernde, champagnerartige fühlbare Präsenz manifestieren oder als eine leise Zufriedenheit anfühlen.

JAN
15

"Essentielles Sein - die Bedeutung des Lebens" Buchgruppe

📍 Berlin, Germany

Glück, Wertgefühl und Lust sind nicht das Ergebnis von irgendetwas. Diese Qualitäten sind Teil unserer grundlegenden Natur. Selbsterkundung, Meditation und Texte aus dem Buch "Essentielles Sein" von A. H. Almaas begleiten uns durch diese Abende".

JAN
18-
20

January Weekend: Aliveness, Expansion, and Adventure on the Spiritual Path

📍 Ann Arbor, MI, USA

In this retreat we will explore the strength essence of our nature. We will look at the expansion and aliveness necessary to live a life of adventure and the way essence supports discrimination and courage in living a real life.

JAN
19

Praxistag in Kassel

📍 Kassel, Germany

Die Praxistage sind für Studenten aller Ridhwan Gruppen und gleichzeitig offen für diejenigen, die die Arbeit des Diamond Approach gerne kennenlernen möchten.

JAN
25-
29

Retreat: The True Wish of Our Heart

📍 Kensington, NSW, Australia  New group forming

It is natural for human beings to long to be real and authentic. That longing is the compass that leads us home; lightness and curiosity of heart illuminate the way inward. This retreat invites you to take up your wishing and wanting, leaving nothing out.

JAN
26-
27

Power and Peace - Diamond Approach Boston 4 Weekend

📍 Auburndale, MA, USA  New group forming

Please join us for an in-depth exploration of the Black Latifa, the form of essential presence that brings the wisdom of depth, stillness and peace to our consciousness.

JAN
26-
27

Inquiry: Alive Adventure

📍 St. Petersburg, FL, USA  New group forming

Inquiry, the central practice of the Diamond Approach, needs the fiery aliveness of the red essence. This quality allows us to engage the essential strength and aliveness that is needed to face the challenges we sometimes face in inquiry.

JAN
26-
27

California Diamond Heart 10 January Weekend

📍 Berkeley, CA, USA  New group forming

Our Big Group Meetings are open to all those truly interested in joining this local Diamond Approach group. No prior experience is needed to register.

JAN
28

The Emotional Dimension of the Soul

📍 Houston, TX, USA  New group forming

In this session, we will look closely at the emotional dimension in order to reveal more about our emotional potential, and how that helps us on our spiritual journey.

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.

[More Events](#)

[Find a Diamond Approach Group](#)

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