



DIAMOND APPROACH

A Teaching from Hameed

A. H. Almaas
Facets of Unity



Each Holy Idea represents a particular direct perception of reality as a specific characteristic or facet of the unobscured perception of what is. The nine Ideas, then, provide us with a comprehensive view of objective reality.

This interview was part of the Enneagram Global Summit 2016, a free online event which featured today's top teachers who brought together Enneagram wisdom and experience from around the globe. [LISTEN HERE>>](#)

Meet the Teachers

Sherry Ruth Anderson

How did you find the Diamond Approach? I picked up a spiritual newspaper called Inquiring Mind and read a very short review of a book called "The Void." A line jumped out and grabbed my heart. I don't remember the line but I remember thinking: 'He knows. He can help me.' I'd been a Zen student and then the Head Dharma Teacher in Toronto many years earlier. I'd hit that void and stayed there. My teacher said that I needed to practice harder but I'd already been doing just that for many years. I ended up leaving and feeling like a great failure. And now there was this line, and I followed it.



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Diamond Approach GROUPS & EVENTS

New Groups



Washington, D.C. - DADC2

July 12

The DADC2 group meets four times per year in the Washington metropolitan area, three times in a weekend format and once in a 5-day retreat format. [LEARN MORE>>](#)

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

Events

July 5 - "Das wirkliche Leben beginnt jetzt" D A 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>>](#)

July 6 - Book Study Group - "The Unfolding Now" Berkeley, CA - USA

Diamond Approach teachers will lead a book study group at the Berkeley Ridhwan Center. [LEARN MORE>>](#)

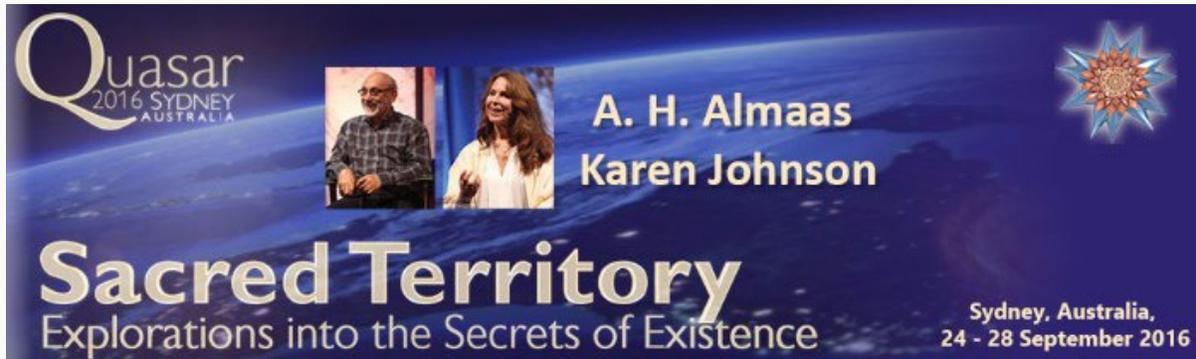
July 22 - Soul without Shame Workshop Berkeley, CA - USA

The judge, superego, or inner critic shapes and limits our daily life. Invading our relationships and undermining our self-esteem, self-judgment is also the primary force interfering with our personal spiritual work. [LEARN MORE>>](#)

July 25 - What is Consciousness? Boulder, CO - USA

Our individual consciousness, which in the Diamond Approach is called the Soul, recognizes life as a limitless capacity for depth and discovery. [LEARN MORE>>](#)

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



Our journey through this earthly existence is usually rocky, jagged, parched. We live with the promise of some kind of happiness and fulfillment but more often than not, there is little guidance for how to find the holy ground of being. With the correct orientation, we can learn how to use such difficulty to go beyond it to a land of harmony and peace. [LEARN MORE>>](#)



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