



THE DIAMOND APPROACH®

A Teaching

An Exercise in Presence



In this video Diamond Approach founder A. H. Almaas offers an exercise in presence.

Meet the Teachers

Christa Jonas



How did you find the Diamond Approach?

Finding doesn't seem to be the right word. I wasn't looking for a new teacher or a new teaching. I studied Theravada Buddhism and I was very dedicated to this path, to my teacher, and to the sangha. Then I heard about the Ridhwan School from a student of Europe Group 1. She told me a little bit about inquiry and this aroused my interest. I wanted to learn more about this method and applied for Europe Group 2. I went to my first retreat in 1996 and I felt at home at once, no doubt. I felt welcome to be myself and to be interested in being. [READ MORE>>](#)

Wie hast du den Diamond Approach gefunden?

Finden passt nicht wirklich, da ich zu dieser Zeit nicht nach einem neuen Lehrer gesucht habe. Ich beschäftigte mich mit dem Theravada Buddhismus. Ich war sehr engagiert auf diesem Weg und fühlte mich meinem Lehrer und der Sangha sehr verbunden. Zufällig hörte ich von einer Studentin der EU1 Gruppe von der Ridhwan-Schule. Sie erzählte mir ein wenig über die Erforschung bzw. das inquiry und dadurch wurde mein Interesse geweckt. Ich wollte mehr über diese Methode erfahren und bewarb mich für eine neue Gruppe EU2 und 1996 besuchte ich mein erstes Retreat und ich fühlte mich sofort zuhause—es gab keinen Zweifel in mir. Ich fühlte mich willkommen, ich selbst zu sein und eingeladen an allem interessiert zu sein, was ist. [ERFAHRE MEHR>>](#)

Diamond Approach Groups & Events

New Groups



July 8-9 - California Diamond Heart 10 Introductory

Weekend: "Essence and Personality" Berkeley, CA - USA

Life informed by essence is full of grace, beauty, vibrancy, and wonder. When we lose contact with our authentic essential nature, life becomes repetitive and even boring, full of conflict, striving, and suffering. We will begin to discover how we became disconnected from our authentic nature and what reconnecting to our essence feels like. [LEARN MORE>>](#)

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

Events



July 1 - The Sacred Work of Grief Berkeley, CA - USA

This daylong explores the powerful and mysterious nature of grief. As we turn our attention to the grief we carry—for self, community, and world—we share our deep emotional selves, which brings us into the circle of restoration and into the arms of the sacred. [LEARN MORE>>](#)

July 4 - “Das wirkliche Leben beginnt jetzt” Diamond

Approach Buchgruppe Berlin, Germany

Wir leben in einer Welt voller Geheimnisse, Wunder und Schönheit. In unserem Leben sind wir durch Leiden und Unzufriedenheit oft innerlich unfrei und schöpfen unser menschliches Potenzial nicht voll aus. Alle Qualitäten, die wir im Außen suchen, sind Aspekte unseres Wesens. [LEARN MORE>>](#)

July 8 - Social Action and Spirituality: Free Diamond

Approach Webinar Boston, MA - USA (online)

In this free webinar we will explore how spiritual practice and realization can contribute deeply to shaping our actions and the way we live our life. [LEARN MORE>>](#)

July 13 - Gathering Honey: Diamond Approach Inquiry

Book Group East Providence, RI - USA

In this group, we will explore the practice of inquiry and the teachings of the Diamond Approach by reading and working with A.H. *Almaas' Diamond Heart Book One: Elements of the Real in Man.* [LEARN MORE>>](#)

July 19-23 - Diamond Approach ‘Facetten der

Liebe’ Holzkirchen, Germany

Wir werden in dem viertägigen Seminar erforschen, wie Liebe unser Ugrund und damit auch für unseren inneren Weg von essentieller Bedeutung ist. Die Unterrichtssprache ist Deutsch. [LEARN MORE>>](#)

Aug 3 - Gathering Honey: Diamond Approach Inquiry Book

Group East Providence, RI - USA

In this group, we will explore the practice of inquiry and the teachings of the Diamond Approach by reading and working with A.H. *Almaas' Diamond Heart Book One: Elements of the Real in Man.* [LEARN MORE>>](#)

**For more events/opportunities, visit
our [CALENDAR HERE>>](#)**

Diamond Approach in the World

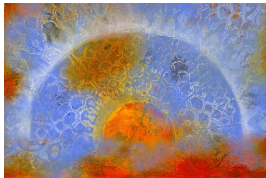
The Diamond Approach in the Dying Process



In this 5-minute video Diamond Approach teacher Nancee Sobonya speaks with Diamond Approach student Frank Ostaseski, founder of the Zen Hospice project and the Metta Institute, about utilizing aspects of the Diamond Approach in supporting ourselves and those in the dying process.

New Diamond Approach Group in Asia

Introductory Weekend in Singapore



We invite you for a two-day introduction in Singapore to give you an experiential taste of the work of the Diamond Approach.

In these two days we will focus on your inner flame for truth: what limits this flame, and how we can support its expansion and deepening. There will be talks, small groups, and personal inquiry into these questions. Also there will be the opportunity to have a one-hour private session with a Diamond Approach teacher, available in the days following the retreat.

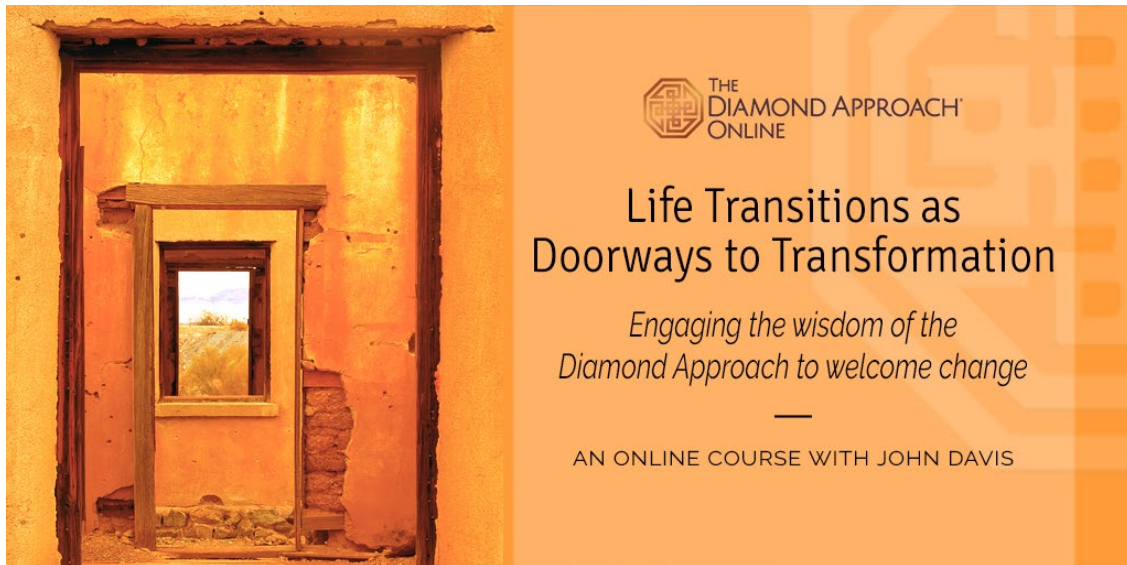
Dates: September 19-20, 2017

Location: The Swiss Club, 36 Swiss Club Rd, Singapore

Teachers: Jeanne Hay Rosenblum, Marko Rinck, and Sarita Chawla

[LEARN MORE>>](#)

Life Transitions as Doorways to Transformation



We are re-releasing this well-received course as an on-demand online course you may watch at your own pace. The course explores **how the Diamond Approach reveals the specific capacities that serve as allies as we move through our transitions.**

Through the practice of inquiry and the understanding of essence, or our inner nature, we can approach significant life changes as an adventure and a blossoming into the next phase of our lives. Incomplete life transitions become a kind of baggage in our lives, but moving through transitions in a more conscious and thorough way provides greater freedom, deeper presence, and a more intimate connection with our essential nature.

This course will benefit anyone interested in learning more effective ways of relating to the journey of our lives. It provides an introduction to the orientation and methods of the Diamond Approach through the lens of life transitions. There will also be a **LIVE Q&A Session with John Davis on July 13, 2017, from 5:00-6:30 p.m. Pacific Time** as part of the course. The course costs \$95. [LEARN MORE>>](#)

Job Opening

Group Administrator/Coordinator

The Group Administrator/Coordinator provides administrative support and oversight for several Ridhwan groups and their directors. The administrator act as the primary point of communication, mediation, and support between students and teachers of the group(s), answering student questions, sharing information, and relaying questions,

concerns or issues to teachers. The administrator develop and control the unique budgets, payroll preparation, and other accounting tasks for Academy and Diamond Approach groups.

This is a part-time, remote position (must be located within the greater San Francisco Bay Area). [See the full job description.](#)



Share



Tweet



Forward

Copyright © 2017 The Ridhwan Foundation, All rights reserved.

DIAMOND APPROACH, DIAMOND HEART, RIDHWAN, and the Ridhwan "Hu" symbol are registered trademarks of The Ridhwan Foundation in the U.S., Europe, and various other countries.

Our mailing address is:

The Ridhwan Foundation

P.O. Box 10173

Berkeley, CA 94709

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)