



THE DIAMOND APPROACH®

[Teacher Profile](#)

[Diamond Approach Means to Me](#)

[Online Courses](#)

[Events](#)



The Magic and Beauty of Inquiry

Inquiry is the process of understanding our current experience.

Click on the picture above or the link below to listen to
Diamond Approach teacher Dominic Liber talk
about the magic and beauty of inquiry.

Like swimming in the ocean, you look around, see what there is to see; something

catches your interest and you follow it, wondering what it is, where it's taking you, and what it's doing there. When you go diving in the sea, there is no fixed formula, no single way to explore underwater caves, to discover the secrets of seahorses, or to restore a coral reef to life. It's up to your curiosity and interest to guide you.

Diamond inquiry is the same.

Starting July 8, a ten-day course called **Introduction to Inquiry** will be available through a special partnership with Insight Timer, a meditation app for your mobile device.

Look for the inquiry course through the Insight Timer app or check online.diamondapproach.org for more details in mid-July.

[Watch the Video](#)



Meet the Teachers: Joyce Lyke

"Hameed's writings awakened something new in me; an unrecognizable and unusual felt sense that deepened my experience."

[Read More](#)



What Diamond Approach Means to Me: Marion Hanses

Diamond Approach teacher Marion Hanses talks about how the path transformed her personal life and how she integrates the principles into her professional work as a midwife working with expecting parents.

[Watch the Video](#)

Free Event with Zarina Maiwandi



A New Contribution to Spirituality: The Diamond Approach Path

Join Diamond Approach teacher Zarina Maiwandi for a free, interactive webinar on **July 20**. Learn more about the Diamond Approach and ask your questions.

[Learn More](#)

Upcoming Events

JULY
1

[Meet the Approach - Conversations about Living, Inquiry & the Diamond Approach](#)

📍 Online 👥 New group forming

In this series of free webinars, meet with the Diamond Approach teachers who are forming a new group in the Philadelphia area to talk about the Diamond Approach path and how it supports a life of inquiry and discovery.

JULY
2

Book Study Group "The Unfolding Now"

📍 Kahului, Hawaii  New group forming

An ongoing exploration of this inspiring book, *The Unfolding Now: Realizing Your True Nature Through the Practice of Presence* by A. H. Almaas. Meeting weekly, this group is open to new students.

JUL
2

"Essentielles Sein - die Bedeutung des Lebens" Buchgruppe

📍 Berlin, Germany  New group forming

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.

JUL
5

Köln Meditation

📍 Köln, Germany  New group forming

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

JUL
6-8

Open Group Retreat: The Stark, Fresh Fact of Being

📍 Kensington, NSW, Australia  New group forming

Many of us live as if we're walking in a fog, our minds full of fantasies, our bodies dimly felt as if from a distance. In this retreat, we'll address this flight from the now, and invite you to discover the bracingly radical presence of the real, in every moment.

JULY
13

Diamond Heart UK - Open Online Meeting

📍 Online  New group forming

The new Diamond Heart group forming in London is hosting a free informational online meeting for anybody who is interested in learning about the Diamond Approach and the opportunity to join this group.

JULY
13-
14

Diamond Approach Philadelphia 2 Retreat - Orientation to the Truth

📍 Wallingford, Pennsylvania  New group forming

During this weekend retreat, we will look at our relationship to and experience of the truth. We welcome all who are interested in getting a taste of the Diamond Approach to join us.

JULY
13-
14

Waking Up to the Joy of Discovery: An Introduction to the Diamond Approach

📍 Metairie, Louisiana USA  New group forming

During this weekend we will explore our natural Curiosity—what it is, what prevents its activation, and how we might reconnect more fully with this playful and creative dimension of ourselves.

JULY
14

Meditations -und 5 Movement Gruppe in Berlin

📍 Berlin, Germany

Dieser Raum ist eine Gelegenheit, in eine Zeit der Meditation einzutauchen, die vom Diamond Approach geprägt ist. Diese Zeitspanne erlaubt es uns, uns der Praxis zu widmen und den direkten Kontakt mit dem Sein und der Gegenwart einzuladen.

JULY
17-
21

Ekstase im Alltag - Sommerworkshop 2019

📍 Holzkirchen, Germany

In unserer gemeinsamen Zeit werden wir erforschen, was einem erfüllten und glückseligen Alltagsleben im Wege steht. Wenn wir uns erlauben, mit unserer unmittelbaren Erfahrung bei unseren eigenen Schwierigkeiten zu verweilen, eröffnet uns das die Möglichkeit, in Verbindung mit unseren essentiellen Qualitäten und dem Urgund unseres Seins zu kommen.

JULY
18-
23

Sommer-Meditations-Retreat

📍 Berlin, Germany

Dieses Meditations-Retreat ist eine Gelegenheit, in eine längere Zeit der stillen Meditation einzutauchen, die durch den Diamond Approach® geprägt ist. Diese Zeitspanne, die für einige von uns in unseren normalen Alltag eingebettet sein kann oder vollkommen frei davon ist, erlaubt es uns zu üben, uns der Praxis zu widmen.

JULY
19

"Essentielle Befreiung-Der diamantene Weg des Herzens" NEUE Buchgruppe in Berlin

📍 Berlin, Germany

Diese Buch- und Praxisgruppe beinhaltet Meditationen und die Möglichkeit, die Erkundung (Inquiry), eine der Kernpraktiken des Diamond Approach, zu praktizieren. Die Texte aus Hameed's Buch begleiten uns dabei.

JULY
20

Knock, Knock Who's There

📍 Berkeley, CA, USA

During this weekend we will start exploring our individual consciousness. All are invited to join this expedition with Diamond Heart Group 10 teachers Johanna Holloman and Nancee Sobonya.

JULY
20

Sacred Impulses: Experiencing essence through movement and inquiry

📍 Online

How does presence move our body? How do different states of consciousness impact us physically? What happens when we include our body's sensitivity and intelligence in inquiry? We will explore these and other questions in this online course. Taught by Gregory Knight.

JULY
23

Book Study Group "The Unfolding Now"

📍 Kahului, Hawaii, USA

Join us in the ongoing exploration of this inspiring book, [The Unfolding Now: Realizing Your True Nature Through the Practice of Presence](#) by A. H. Almaas. Led by Ursula McCall, Diamond Approach Teacher, and Monty Carpenter, Diamond Approach Teacher in Training.

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