



# DIAMOND APPROACH

*We are happy to share this monthly e-news as a new way of regularly connecting to the community. You can expect teachings, information about events in the Diamond Approach network, and introductions to some of our teachers. We hope you enjoy it!*

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## **A Teaching from Hameed**

Our teaching is for living. For full and fulfilled living. Yet, for this to happen we need to know who and what we are. The teaching is how we are not what we take ourselves to be, but much more mysterious and majestic.

The teaching is for living in the world as we humans know it, but this can be fulfilled only by knowing we are not from it. That as beings, we embrace the universe and all of its possibilities. We zoom into this life to live as individuals, yet we are the mystery of being that holds all the secrets of reality.

We arrive at the path believing we are the limited entities we call self, and the teaching guides us to see through this entity into the true reality of what we are and what the world is. It is a challenging endeavor, for it is a teaching that combines the transcendent with the individual in a seamless unity.



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## **Meet the Teachers**

**Sandra Maitri**

**How did you find the Diamond Approach?** I knew Hameed and Karen before the Diamond Approach came

into being—Karen was my housemate in art school when I was 21 years old, and Hameed was my housemate during Claudio Naranjo's SAT group right after that. A few years after the SAT group ended, Karen helped me explore the hole I'd been in following two years at a meditation center, and within ten minutes I'd moved through it. I was amazed and knew instantly that the DA was a new and remarkable spiritual approach, and I had seen them all.

**When you first started, what was your greatest challenge?** Sensing my body. I was very emotionally centered and could not identify physical sensations. It was like learning a new language.



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## Diamond Approach GROUPS & EVENTS

### New Groups



#### California Diamond Heart 10

**June 25 - 26**

For information please visit the CADH10 website: <http://cadh10.org/> or write to Betsy at: [CADH10@Ridhwan.org](mailto:CADH10@Ridhwan.org)

#### Netherlands DAWN 2

**June 25**

An introduction day to the new ongoing Diamond Approach Group - [LEARN MORE>>](#)

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

## Events

#### **June 17 - 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>>](#)

#### **June 18 - A Teaching on Individual Consciousness (Soul) Arlington, VA - USA**

Our individual consciousness is a living, dynamic presence, whose deepest potential is to realize and live our spiritual nature. [LEARN MORE>>](#)

**June 18 - Love and Inquiry : A Diamond Approach Perspective Amherst, MA - USA**

We will explore qualities of our inner nature through meditation, lecture and the practice of personal inquiry. [LEARN MORE>>](#)

**June 22 - Book Study Group, Berkeley, CA - USA**

A book study group on "The Unfolding Now". [LEARN MORE>>](#)

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



The banner features a dark blue background with a glowing horizon line. On the left, the text 'Quasar 2016 SYDNEY AUSTRALIA' is displayed in white. In the center, there are two small inset photos of A. H. Almaas and Karen Johnson. To the right of the photos, their names 'A. H. Almaas' and 'Karen Johnson' are written in large white font. Below this, the title 'Sacred Territory' is written in a large, bold, white serif font, followed by the subtitle 'Explorations into the Secrets of Existence' in a smaller white font. In the bottom right corner, the text 'Sydney, Australia, 24 - 28 September 2016' is written in white. A decorative starburst graphic is located in the top right corner.

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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