



DIAMOND APPROACH

A Teaching

The Third and Fourth Turnings



In this video Diamond Approach Co-Founder Karen Johnson speaks about the third and fourth turnings of the Diamond Approach.

Meet the Teachers

Mayuri Onerheim



How did you find the Diamond Approach?

In the 1990s I lived in Osho Rajneesh's ashram in India. Before he died he made a point to tell us that we wouldn't betray him by finding another teacher; we would betray him if we didn't. After his death I was lost. The only thing I knew was that I wanted to know how to get "there" from where I was now. A few months later, when I moved to California with my current husband, I decided to get some therapy. While I was in India my parents had hired a professional to deprogram me, and the experience had been traumatic. I found Jessica Britt, a teacher in the Diamond Approach, and began working with her, but soon realized that the work went beyond regular therapy. I asked her what was going on and in response she gave me the book *Essence with the Elixir of Enlightenment: The Diamond Approach to Inner Realization*. I read it and knew that this was my new path. Unbeknownst to me, my longing to start my exploration exactly where I was, and work from there is one of the founding tenets of the Diamond Approach.

[READ MORE >>](#)

Diamond Approach Groups & Events

New Groups



June 2-4 - Diamond Approach Seattle 3 (DAS3) Seattle, WA - USA

We are pleased to invite you to join DAS3, a newly forming, ongoing Diamond Approach group based in Seattle, open to students throughout the Pacific Northwest. DAS3 is a long-term group that meets five times per year. [LEARN MORE>>](#)

June 3-4 - Diamond Approach Boston 4 Group (BOS4) Auburndale, MA - USA

We are pleased to invite you to join Boston 4, a newly forming, ongoing Diamond Approach group based in Newton, MA. Boston 4 is a long-term group that meets five weekends per year. [LEARN MORE>>](#)

June 13-18 - Washington DC Summer Retreat (DADC2) Madison, VA - USA

This is a 5-day residential retreat for Diamond Approach Washington DC 2 (DADC2), an ongoing group in the DC metro area. June 13-18 is DADC2's last retreat open to new students. [LEARN MORE>>](#)

June 22-25 - Upper Midwest Group 3 Summer Retreat (UMW3) Willard, WI - USA

A new Diamond Approach Group has started in the Upper Midwest Region and it is currently open and growing. Our work includes meditations, teaching, movement, and experiential exercises. [LEARN MORE>>](#)

June 23-25 - "The Lataif: Gateways to Essence" Colorado Diamond Heart 9 Weekend (CODH9) Boulder, CO - USA

Join us for an exploration of the Lataif and discover how this powerful teaching can deepen and enrich your daily life. This is a new group forming in the Boulder, CO area. [LEARN MORE>>](#)

June 23-25 - Diamond Approach Weekend Group Netherlands (DAWN2) Nijmegen, Netherlands

A second ongoing Ridhwan group is starting in the Netherlands and meeting for four long weekends a year. [LEARN MORE>>](#)

June 24-25 - "The Art of Inquiry" Diamond Heart Europe Weekend (DHE3) Copenhagen, Denmark

Inquiry is not intellectual or philosophical; it's about intimately sensing yourself and noticing your experience right here and now. This is an introductory event for the new Diamond Heart Europe 3 group. [LEARN MORE>>](#)

June 30-July 2 - New Australia Group First Retreat (DEA7) Sydney, Australia

This is the first retreat for people looking to join a Diamond Approach group in Australia for ongoing exploration. [LEARN MORE>>](#)

July 8-9 - California Diamond Heart 10 Weekend (CADH10) Berkeley, CA - USA

These introductory weekends are open to all and no previous experience is needed to attend or to apply to the newly forming CADH10 group. [LEARN MORE>>](#)

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

Events



June 7 - Gestures of Intimacy: Diamond Approach Five Movements Auburndale, MA - USA

From the teachings of the Diamond Approach and the Five Movements Practice, we will use meditation, movement, and inquiry to explore the remarkable landscape that lies within our body's movements. [LEARN MORE>>](#)

June 10 - Inquiry: Doorway to Freedom Boulder, CO - USA

As humans, we inherently long to be free—to actualize our true human potential. Inquiry, the central practice of the Diamond Approach, offers a powerful, dynamic doorway to a freer life. [LEARN MORE>>](#)

June 13 - "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>>](#)

June 18 - Book Talk and Teaching with A. H.

Almaas Woodacre, CA - USA (online option)

This daylong celebrates the release of Diamond Approach founder A. H. Almaas' newest book *The Alchemy of Freedom: The Philosophers' Stone and the Secrets of Existence*. [LEARN MORE>>](#)

June 18, 25 - London Sunday Open Inquiry London, UK

These meetings are an ongoing opportunity to meet in central London with other inquiring souls and a Diamond Approach teacher, and to practice together—meditation, presence, and open-ended inquiry. The meetings are open to all existing and former Ridhwan students, as well as any interested member of the public. [LEARN MORE>>](#)

June 24 - Praxistage Köln, Germany

An diesem Praxistag werden wir uns der Erforschung / Inquiry widmen. Wie bei den Praxistagen zuvor sind alle Interessierten eingeladen, unabhängig davon ob sie RidhwanstudentInnen sind oder nicht. [LEARN MORE>>](#)

June 21 - Doorgaande Inquiry Groep Hiversum,

Netherlands

Deze groep is bedoeld voor mensen die de beoefening van inquiry willen leren of verdiepen en (nog) niet deelnemen aan een doorgaande Diamond Approach groep. Deze groep wordt in het Nederlands gegeven. [LEARN MORE>>](#)

June 30 - Info-Abend zum Diamond Approach Duesseldorf, Germany

Wir werden Informationen über den Diamond Approach geben: Wie sieht der Pfad zur Selbstverwirklichung aus, den Studentinnen und Studenten des Diamond Approach gehen? Wir geben die Möglichkeit, Teile eines Lehr-Vortrags in deutscher Sprache anzuhören und dazu gemeinsam ein wenig Selbsterforschung zu betreiben. [LEARN MORE>>](#)

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

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[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

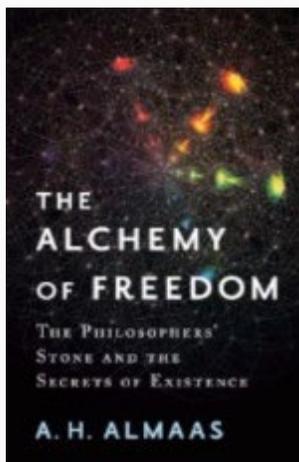
In this group, we will explore the practice of inquiry and the teachings of the Diamond Approach by reading and working with A.H.

Almaas' *Diamond Heart Book One: Elements of the Real in Man*. [LEARN MORE>>](#)

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

Book Talk and Teaching with A. H. Almaas

The Philosopher's Stone and the Secrets of Existence



A. H. Almaas, founder of the Diamond Approach, will be leading a day-long book talk and teaching on his latest book, *The Alchemy of Freedom: The Philosophers' Stone and the Secrets of Existence*, on **Sunday, June 18**, at Spirit Rock Meditation Center in Woodacre, California.

Learn more and register for the **in-person event** [here](#).

Register for the **live video stream** [here](#).

Continuing Education credit is also available.

Enneagram Teaching

A. H. Almaas and Sandra Maitri Part of Online Event



Founder of the Diamond Approach A. H. Almaas and long-time teacher Sandra Maitri will be part of the Shift Network's free [Enneagram Global Summit](#).

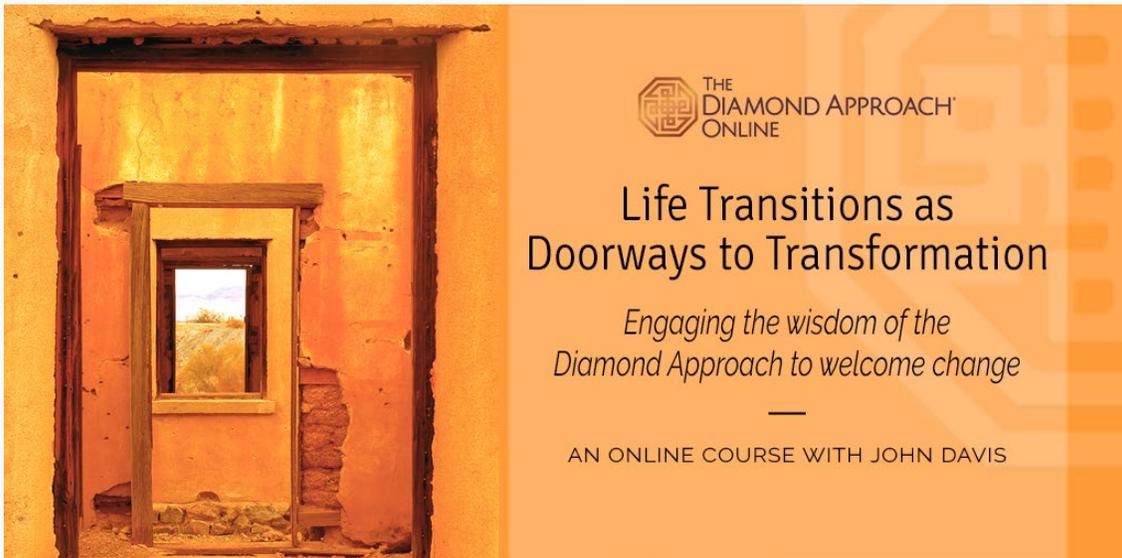
Sandra Maitri's session, "What It Takes for the Enneagram to be Transformative," is scheduled to air on **June 7** at 1:00 p.m. Pacific.

A.H. Almaas' session, "The Enneagram and Enlightenment," is scheduled to air on **June 8** at 12:00 p.m. Pacific.

[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 which 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. [LEARN MORE>>](#)



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Our mailing address is:

The Ridhwan Foundation
P.O. Box 10173
Berkeley, CA 94709

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