



THE DIAMOND APPROACH®

[Teacher Profile](#)

[Students Share](#)

[Events](#)

[Online Courses](#)



Expanding Horizons

In this video A. H. Almaas speaks about expanding our different horizons.

[Watch the Video](#)



Meet the Teachers: Ashley Wain

I first came across the Diamond Approach in a book by Ken Wilber. And, I thought he said some interesting things about it. He said some positive things and then critiqued it and I knew he did that to all the good stuff so I made a note to check it out...

[Watch the Video](#)



Students Share: Singing After the Storm

The morning here in Portland, Maine, is calm, and I sit silent and content, though I know it will not be long before the muddy water in my soul floods through the canyon where I wander, lost and thirsty...

[Read More](#)



Quasar 2018: Spirituality in a Fractured World

This seminar is a rare opportunity to spend five days with Diamond Approach founders A. H. Almaas and Karen Johnson. It is open to all; no prior experience is required.

September 22-26, 2018

Berkeley, CA, USA

[Learn More](#)



Free Enneagram Global Summit

In this free summit A. H. Almaas and a panel of global Enneagram experts will offer insights and practices to help you reconnect with your true self and realize your highest potential.

June 11-18, 2018

[Learn More](#)



Seattle Book Talk with Karen Johnson

Diamond Approach co-founder Karen Johnson will be speaking in Seattle on July 8 about her new book describing the development of the Diamond Approach.

[Learn More](#)

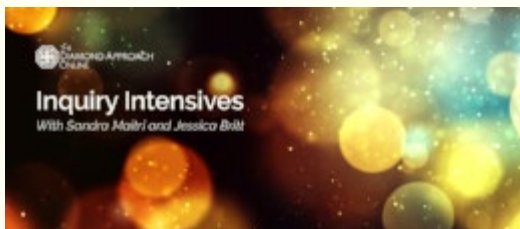


Job Opportunities

The school is growing and we need skilled people!

- Director of Communications
- Website Administrator

[Learn More](#)



Inquiry Intensives 2018

Deepen your capacity to inquire with the support of an international group of other inquiry practitioners in one or both of the following:

"Allowing Our Experience" with Sandra Maitri, July 14-15

"Engaging our Experience: Body, Breath, and Being" with Jessica Britt, August 11-12

[Learn More](#)



On Being Human

What does it mean to be human? How can one become more fully human? These questions are important to consider deeply, not only for ourselves but also for the evolution of humanity as a whole. In this course we will explore how embracing our humanness includes our limitations as well as our endless, unfathomable potential.

[Learn More](#)

Upcoming Events

JUNE
1-3

Seattle - June 2018 Weekend

📍 Seattle, WA, USA  New group forming

We are pleased to invite you to join Cascadia Diamond Approach 4 (CASC4), a newly forming on-going Diamond Approach group based in Seattle, open to students throughout the Pacific Northwest.

JUNE
2-3

Essential Joy - Diamond Approach Boston 4 Weekend

📍 Auburndale, MA, USA

This weekend we will explore the essential quality of Joy. Through the lens of essential joy, life is experienced as a co-creative adventure untethered from circumstance or conditions.

JUNE
2-3

CADH10: Being Ourselves: Breaking Free of the Superego

📍 Berkeley, CA, USA

In this weekend, we will discover practical ways to separate ourselves from

the stronghold of the superego, while in turn becoming more capable of being truly ourselves with ease and authenticity.

JUNE
5

"Das wirkliche Leben beginnt jetzt" Buchgruppe Berlin

📍 Berlin, Germany

Wir praktizieren Selbsterkundung und Meditation, dabei begleiten uns Texte aus dem Buch "das wirkliche Leben beginnt jetzt" A. H. Almaas.

JUNE
7,
14,
21,
28

The Inner Journey of Being a Parent - An Online Course

📍 Online

In this course we will explore how particular essential qualities within us like compassion, courage, joy, and openness can be revealed in our parenting, and how those inner qualities in turn can serve our parenting.

JUNE
8-10

Confronting the Inner Critic: A Diamond Approach Weekend in Johannesburg

📍 Johannesburg, South Africa  New group forming

In this workshop we will turn towards the superego rather than running from it. By feeling and understanding its effects, we will begin finding what it actually takes to liberate ourselves from this painful and limiting activity.

JUNE
10

Meditations -und 5 Movement Gruppe in Berlin

📍 Berlin, Germany  New group forming

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.

JUNE
11

"Essentielle Verwirklichung - Der diamantene Weg des Herzens" NEUE Buch- und Praxisgruppe 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.

JUNE
13-
17

Colorado Diamond Heart 9 June 5-day Retreat

📍 Boulder, CO, USA

In this group, we carefully explore the qualities of Being that connect us to our deeper inner nature through meditation, teachings and experiential exercises, all of which are relevant for one's life in the modern world.

JUNE
15-
17

Confronting the Inner Critic: A Diamond Approach Weekend in Cape Town

📍 Cape Town, South Africa  New group forming

In this workshop we will turn towards the superego rather than running from it. By feeling and understanding its effects, we will begin finding what it actually takes to liberate ourselves from this painful and limiting activity.

JUNE
22

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.

JUNE
22-
24

Luminous Tenderness - A 3 Day Diamond Approach Retreat

📍 Kensington, NSW, Australia  New group forming

A 3-day retreat on Essential Compassion for people looking to join a Diamond Approach group in Australia.

JUNE
22-
23

Strength and Aliveness on the Spiritual Path

📍 Ann Arbor, MI, USA

This is a weekend teaching open to new students. Come explore the issue of strength and aliveness in your life.

Diamond Approach Asia June Retreat

JUNE-
JULY
23-1

📍 Chang Mai, Thailand

This is the first yearly retreat for the Diamond Approach Asia group. This retreat will include presentations of the teaching, small inquiry groups led by a teacher, and individual sessions with a teacher.

JUNE
26

Truth Guides the Journey: An Introductory Workshop

📍 East Providence, RI, USA 👤 [New group forming](#)

This is a group for those who are interested in learning about inquiry as spiritual practice. It is open for all, whether Ridhwan students or not. The group will be taught in German.

[More Events](#)

[Find a Diamond Approach Group](#)

[Find a Diamond Approach Teacher](#)



THE
DIAMOND
APPROACH®

Connect with us



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

Copyright © 2017 The Ridhwan Foundation
[Update your preferences](#)
[Unsubscribe](#)