



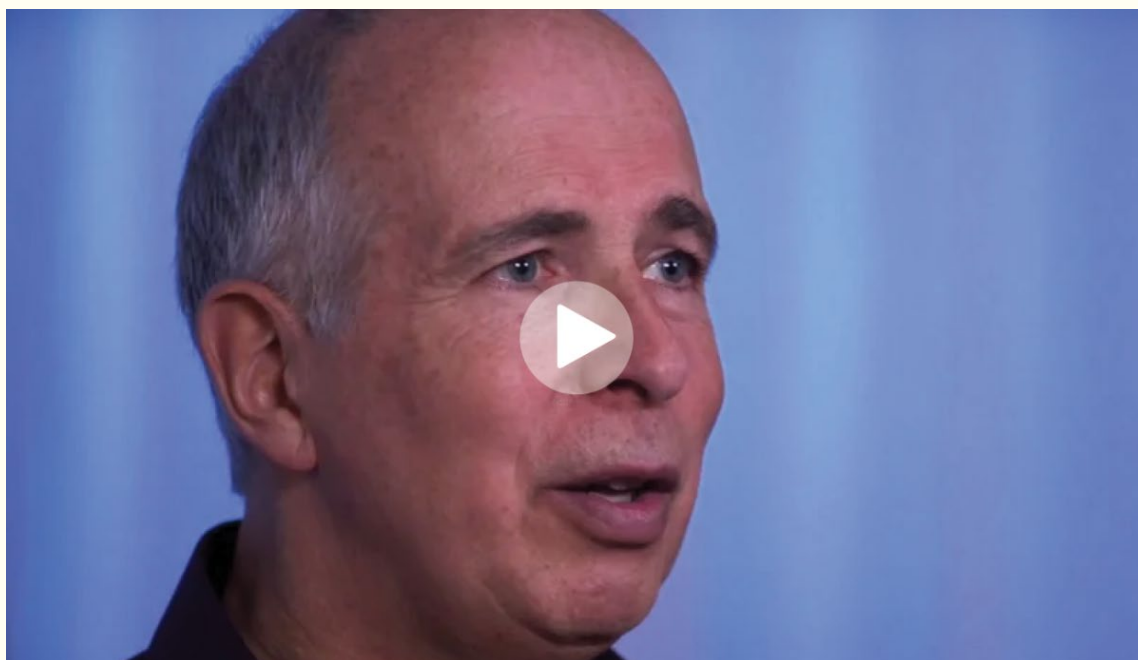
## THE DIAMOND APPROACH®

Teacher Profile

Diamond Approach Means to Me

Online Courses

Events



### Barriers to a Deeper Experience of Life and Truth

As humans we often believe that the things we long for will come from outside us, and we tend to move away from painful experiences. In this video, Diamond Approach teacher Rob Merkx shares how these tendencies can be barriers to deepening our experience of life and truth.

This teaching is part of the "Introduction to the Diamond Approach" online course starting June 17. [Learn more about the course here.](#)

Watch the Video



## Meet the Teachers: Leah Chyten

"My initial introduction to the Diamond Approach came through a book that literally fell off the shelf as I waited to meet a friend. There it was, the love of the truth, the words jumping off the page and into my heart."

[Read More](#)



## What Diamond Approach Means to Me: Zarina Maiwandi

For Diamond Approach teacher Zarina Maiwandi, what has been most compelling about the Diamond Approach is its rigor—how it leaves no stone unturned in exploring one's mind, heart, and capacities.

[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](#)



## Introduction to the Diamond Approach

Join us for our 6-week course—featuring Diamond Approach founder A. H. Almaas and three other experienced teachers—to receive guidance and practices to navigate the depths of who and what you truly are. Starts **June 17**.

[Learn More](#)

Upcoming Events

JUN  
1

## Exploring the Inner Critic - The Sacred Dance Between Strength and Vulnerability

📍 Online  New group forming

This online talk invites us to explore and access the aspect of our soul that is resilient, courageous, and can support the tender openness of our inner journey without judging or rejecting any of our experience.

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JUN  
1

## New Online Inquiry Group Series

📍 Online  New group forming

Our live inquiry group online is welcoming new and returning members! While this online group includes members of the new Diamond Approach Florida group, anyone may attend.

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JUN  
1-2

## Amherst Diamond Approach June Weekend: Compassion

📍 Amherst, MA, USA  New group forming

Essential compassion is the quality of our inner nature that allows us to be with the inevitable pain of life. It allows us to stay open in the face of suffering, so that it can become a portal to our deeper nature.

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JUN  
2

## Freiheit und Liebe

📍 Berlin, Germany

Dieses Tagesseminar dient zum Kennenlernen der Arbeit der Ridhwan Schule, eine zeitgenössische Mysterienschule gegründet von A. H. Almaas, die sowohl Methoden der großen spirituellen Traditionen, wie auch die der modernen Psychologie benutzt.

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JUN  
2-9

## Diamond Heart Retreat Group 6 - First Retreat

📍 San Jose, CA, USA  New group forming

This is a newly forming group that will meet twice a year for 7-day retreats. The group is open to participants from anywhere.

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JUN  
4

## "Essentielles Sein - die Bedeutung des Lebens" Buchgruppe

📍 Berlin, Germany

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.

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JUN  
5

### Meet the Approach - Free Webinar

📍 Online  New group forming

This webinar is part of the offerings of a new Diamond Approach now forming in the Philadelphia area and open to new students. The webinars are a chance to meet some of the teachers, ask questions about the Diamond Approach, and learn a bit about this path of inner work.

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JUN  
8-9

### Diamond Approach Boston 4 Weekend - The Soul

📍 Auburndale, MA, USA  New group forming

We usually believe the soul to be our physical body or our mind, maybe our neurons, our heart, or our belly. While these are not bystanders to experience, the actual organ or mediator of experience is far more subtle and intriguing. In the Diamond Approach we call this the Soul.

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JUN  
15

### Sacred Impulses: Experiencing Essence through Movement and Inquiry

📍 Online  New group forming

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 questions in this online course.

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JUN  
17

### Introduction to the Diamond Approach

📍 Online

Join us for our 6-week course—featuring Diamond Approach founder A. H. Almaas and three other experienced teachers—to receive guidance and practices to navigate the depths of who and what you truly are.

---

JUN  
22

## The Power of Stillness - Black Latifa Continued

📍 Berkeley, CA, USA    👥 New group forming

The Black Latifa journey continues taking us further into the mysterious depths where the tremendous power of stillness resides. This daylong will explore essential power; what it is, where it comes from, and how we can come to understand and realize it in our lives.

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JUN  
22

## Exploring the Inner Critic - Essential Joy: Discovering an Open-Hearted Challenge to Our Inner Critic

📍 Online    👥 New group forming

In this online session we will explore how our essential joy can give us space from the restraints and control of our inner critic, and reveal the contrasting lightness and freedom of our Being.

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JUN  
24

## "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.

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JUN  
28

## Diamond Approach Ottawa "Introductory Retreat" Awakening the Three Centres

📍 Ottawa, ON, Canada    👥 New group forming

The head, heart, and belly are subtle centres within our individual consciousness, sometimes referred to as subtle organs of perception and action. In this weekend retreat we will work to understand and open each centre through self-inquiry, sensing, meditation, and body-based practices.

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JUN-  
JUL  
29-6

## Diamond Approach Asia June 2019 Retreat

📍 Chiang Mai, Thailand    👥 New group forming

This will be the second Diamond Approach Asia retreat for Diamond Approach Asia, an ongoing Diamond Approach group.

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JUL  
1

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📍 Online  New group forming

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JUL  
2

## "Essentielles Sein - die Bedeutung des Lebens" Buchgruppe

📍 Berlin, Germany

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JUL  
5

## Köln Meditation

📍 Köln, Germany

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

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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.

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JULY  
26

## The Roots of Inner Work: How the Original Spiritual Context of the Enneagram Can Serve Humanity's 21st Century Challenges

📍 Oakland, CA, USA

A. H. Almaas, Jessica Dibb, Russ Hudson, and Helen Palmer, four long-term teachers of inner work, will come together for the first time to share their own experiences about using the Enneagram for authentic development—what has worked and what has not.

[More Events](#)

[Find a Diamond Approach Group](#)

[Find a Diamond Approach Teacher](#)

The Ridhwan Foundation Monthly E-news includes a free teaching from ordained Ridhwan teachers, a Meet the Teacher profile, and other feature stories about this contemporary spiritual path. Each E-news stands alone, and you can sign up at any time. You can read previous E-news [here](#).

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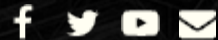
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