



DIAMOND APPROACH

A Teaching

From The Alchemy of Freedom

In this video A. H. Almaas gives insights to necessary awakening from his new book *Alchemy of Freedom: The Philosophers' Stone and the Secrets of Existence*:



The Alchemy of Freedom is available through Shambhala Publications. You can [browse inside the book here](#). Book talks will be held at the Ridhwan School [Berkeley Center, April 21](#) (see below) and at [Spirit Rock Meditation Center, June 18](#) with the option to earn Continuing Education (CE) credits.

Anne Singer



Meet the Teachers

How did you find the Diamond Approach?

My mother and stepfather were part of a Gurdjieff group in England when I was in my teens, so I knew that there was such a thing as a spiritual work school. At the time, I wasn't particularly interested, even though I participated in some of the activities and spent many weekends at the manor house where the group met. Partly I wasn't interested because the group was very secretive about its teachings. They were only supposed to be for people with enough life experience. Also, I was put off by my mother's attitude. She was a true believer, and seemed to think the Gurdjieff work was THE work, and there was nothing else like it. Surely, I thought, there must be other paths with similar ideas.

After I left home, I more or less forgot about it. It wasn't until my marriage was in trouble and I sought psychological help that the idea of the Work resurfaced.

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Diamond Approach Groups & Events

New Groups



Mar 5-12 - Diamond Heart Retreat Group 5 Chester, CT - USA

Diamond Heart Retreat 5 began forming in September 2014 and will be closing just prior to the March 2017 retreat. [LEARN MORE>>](#)

Mar 9-12 - Midwest Group III Retreat Willard, WI - USA

A new Diamond Approach Group has started in the Upper Midwest Region and it is currently open and growing. [LEARN MORE>>](#)

Mar 11-12 - California Diamond Heart 10 (CADH10) Berkeley, CA - USA

In support for the formation of this new group, a series of experiential weekends designed to introduce the Diamond Approach work to interested students will take place at the Ridhwan Center in Berkeley. [LEARN MORE>>](#)

Apr 1-2 - The Diamond Approach Boston 4 Group Auburndale, MA - USA

We are pleased to invite you to join Boston 4, a newly forming on-going Diamond Approach group based in Newton, MA. Boston 4 is a long-term group that meets five weekends per year. Our work includes teachings, meditations, movement, inquiry and discussion. [LEARN MORE>>](#)

Apr 1-3 - Diamond Approach Weekend Retreat Group Netherlands (DAWN 2)

Amsterdam, Netherlands

A second ongoing Ridhwan group, DAWN 2 will start in April 2017. [LEARN MORE>>](#)

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

Events



OPEN - Inquiry: The Vehicle of Endless Enlightenment Online

The core practice of the Diamond Approach, Inquiry, uses whatever is happening right now as the entry point to unlimited discovery of our deeper nature. Now for the first time, this innovative tool will be shared online in an interactive 12-week program taught by Diamond Approach founder A.H. Almaas (Hameed Ali), cofounder Karen Johnson, and master teachers Jessica Britt and Sandra Maitri. [LEARN MORE>>](#)

Mar 2-May 4 - Gathering Honey: Diamond Approach Inquiry Book Group East

Providence, RI - USA

In this group, we will explore the teachings of the Diamond Approach and the practice of inquiry by reading and working with A.H. Almaas' "Diamond Heart Book 1: Elements of the Real in Man." Each meeting will include meditation, inquiry processes and discussion. [LEARN MORE>>](#)

Mar 8-Dec 13 - Doorgaande Inquiry Groep Hilversum, 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>>](#)

Mar 10-12 - "Living the Colors of Your True Nature" by Learning the Art of

Inquiry Wielsbeke, Belgium

This is a book group to study the first three chapters of "The Unfolding Now" by A.H. Almaas. [LEARN MORE>>](#)

Mar 10-12 - The Lataif: Gateways to Essence Boulder, CO - USA

Join us for an exploration of the Lataif and discover how this powerful teaching can deepen and enrich your daily life. [LEARN MORE>>](#)

Mar 11 - The Art of Inquiry...innere Erkundung als spiritueller Weg Berlin, Germany

This is a group for those who are interested to learn about inquiry as spiritual practice. It is open for all, whether Ridhwan students or not. We will refer to certain chapters of the book "Spacecruiser Inquiry." It can be read in English or German. [LEARN MORE>>](#)

Mar 14 - "Das wirkliche Leben beginnt jetzt" Diamond Approach Buchgruppe Berlin,

Germany

Selbsterkundung, Meditation, Körperwahrnehmung und Texte aus dem Buch "das wirkliche Leben beginnt jetzt" von A.H. Almaas begleiten uns durch die Abende. [LEARN MORE>>](#)

Mar 20-July 10 - The Unfolding Now, Video Conference Book Group Boston, MA

(online)

A new series of the video conferencing book/inquiry group will begin in March and is now accepting new members. While meeting in person has its definite benefits, we have found that this format has worked well for those whose location and/or other constraints do not allow for such contact on a regular basis. [LEARN MORE>>](#)

Mar 25 - Amsterdam Boek Group "The Unfolding Now" Amsterdam, Netherlands

De leidraad voor de groep is het boek The Unfolding Now (Nederlandse titel: Het Nu van Moment tot Moment) van A.H. Almaas. Dit boek gaat over hoe de inquiry methode je kan helpen om steeds dieper inzicht te krijgen in wie je werkelijk bent. [LEARN MORE>>](#)

Mar 25 - Showing Up for Challenging Times Toronto, Canada (online)

We are living in very challenging times. As our world moves towards even greater uncertainty, the difficult feelings that arise in us can become strong, deep sources of frustration and discouragement. In the Diamond Approach we see every emotion and our entire experience as sacred. Through this Work we develop a capacity to be fully present with whatever emerges, in a direct and intimate way. [LEARN MORE>>](#)

Mar 25 - "The Obstacle is the Way" with Andreas Mouskos Australia (online)

Usually, when we encounter obstacles we try to overcome, avoid or go around them. On the spiritual path we try to overcome our egos, desires and instincts. In the Diamond Approach we see that as ineffective. We end up divided and stuck. The easier, more effective way is to go through the obstacles. We will explore why this works and how to do it. [LEARN MORE>>](#)

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



Inquiry: The Vehicle of Endless Enlightenment

When you look at yourself, who do you see? How do you experience yourself? How do you perceive your life?

Inquiry is a method that enables you to dive into the depths of who you are, open to your own mystery, and find your own answers: your only prerequisite is the sincere desire for truth.



Our new course on inquiry allows you to become curious about your own experience—even when you encounter pain, challenges, and various kinds of suffering. It will teach you to "unwrap" anything and everything in your experience that obscures your true nature.

In addition, this course is a unique opportunity to work with the founder of the Diamond Approach, Hameed Ali, its cofounder Karen Johnson, and master teachers Sandra Maitri and Jessica Britt. There will be live Question & Comments sessions with these core teachers and inquiry groups led by Ridhwan ordained teachers to help you practice inquiry in your own life.

Registration is open until **March 12**, the date of the course's first live Q & C session with Hameed. **March 19** is the first group inquiry process. All materials are available for download so you can catch up on any lessons you have missed. The course costs \$297. We hope you join us.

[LEARN MORE>>](#)

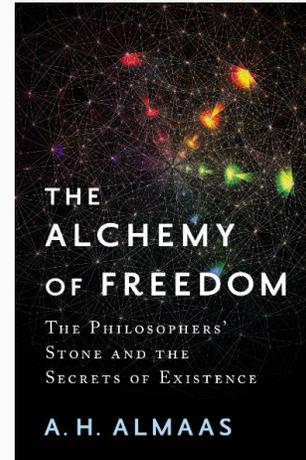
Special Event

Alchemy of Freedom Book Talk and Signing

You're invited to a reading and signing to mark the publication of *Alchemy of Freedom: The Philosophers' Stone and the Secrets of Existence*.

In this new publication, A. H. Almaas, founder of the Diamond Approach, adopts the metaphor of the mysterious philosophers' stone to describe the liberating power of endless enlightenment.

Friday, April 21
7:00-10:00 p.m.
Berkeley Ridhwan Center
2075 Eunice St, Berkeley, CA 94709, USA



[LEARN MORE>>](#)

The Alchemy of Freedom is available through Shambhala Publications. You can [browse inside the book here](#).



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