



THE DIAMOND APPROACH®

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On Freedom

Hameed Ali (A. H. Almaas) speaks about freedom in this segment from the upcoming *Endless Enlightenment* online course.

[Watch the Video](#)



Meet the Teachers: Reesa Porter

My husband and I moved back to Boulder in 1983, after being away for four years, and I contacted an old friend. We met for lunch and it was clear that something had changed in him. I couldn't exactly discern what it was, so I asked him what was different. He said, "I've been hanging out with this guy, Hameed, doing 'the Work.'"

[Read More](#)

Students Share: The Great Migration

I've been working on my tombstone for some time. It's unusually large. It's slow—this work of chiseling words in stone. One needs to be patient while keeping a sharp edge on one's writing tools.

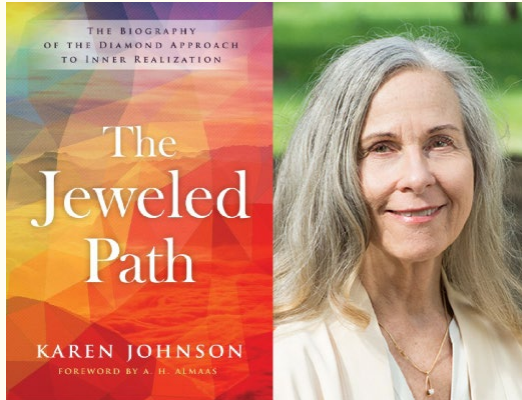
[Read More](#)

Diamond Approach in the World: Aftermath of a Storm

Diamond Approach student Wanda Tort lived through Hurricane Maria, which devastated Puerto Rico in 2017. In this video she shares how the Diamond

Approach teachings have helped her stay grounded in the aftermath of the storm.

[Watch the video](#)



Today! Book Talk in Colorado with Karen Johnson

Diamond Approach co-founder Karen Johnson will be speaking in Boulder, CO, USA, about her new book describing the development of the Diamond Approach.

[Learn More](#)



The Diamond Net: Diamond Approach 2.0

An introduction to the new multimodal and mutidimensional vision of the Diamond Approach teachings from Diamond Approach founder A. H. Almaas.

[Watch the video and learn more](#)



Free Webinar with A. H. Almaas

In this free, live webinar A. H. Almaas will explore what it means to expand our horizons. To go beyond what feels familiar and comfortable and to find out who and what we truly are.

[Learn 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](#)



Job Opportunities

We are hiring for three positions:

- Group Administrator-Coordinator
- Payroll Supervisor/Specialist
- Webmaster

[Learn More](#)



THE DIAMOND APPROACH ONLINE



Endless Enlightenment

Join A. H. Almaas, founder of the Diamond Approach, for an online course on one of the most advanced aspects of his teaching—the view of totality.

[Watch the Video](#)



Introduction to the Diamond Approach

Today is the last day to join the international community of participants in this new course.

[Watch the Video and Learn More](#)

Upcoming Events

MAR
1

[Diamond Approach Online - Introduction to the Diamond Approach](#)

📍 Online

A six-week, online course exploring the Diamond Approach with A. H. Almaas, Jeanne Rosenblum, Zarina Maiwandi, and Rob Merx.

MAR
1

Book Talk with Karen Johnson - The Jeweled Path

📍 Boulder, CO, USA

In her new book, *The Jeweled Path*, Diamond Approach co-founder Karen Johnson gives a warm, personal, and often humorous look behind the scenes of the unfolding of the Diamond Approach.

MAR
1

Diamond Approach Weekends Group Netherlands 2 Webinar Event #2

📍 Online  New group forming

If you are interested in joining our new ongoing Diamond Approach Weekend Group Netherlands DAWN 2, we will offer you a taste of how it is to inquire into your experience with our guidance.

MAR
3

Truth Compass 3 - A Diamond Approach Webinar

📍 Online

In this webinar we will look into knowing, why we believe we know or should know, and then see if we can discover a kind of freedom in the experience of not knowing.

MAR
8-11

Upper Midwest Group 3 March Retreat

📍 Willard, WI, USA  New group forming

A new Diamond Approach Group has started in the Upper Midwest Region and it is currently open and growing.

MAR
9-11

The Lataif: Gateways to Essence

📍 Boulder, CO, USA  New group forming

Please join us for an in-depth exploration of the Black Latifa, the form of essential presence that brings the wisdom of depth, stillness and peace to our consciousness.

MAR
9-11

Accessing Solidity and Support in Life

📍 Houston, TX, USA

Join us as we explore how to access solidity and support in your life; what gets in the way, as well as how to be yourself naturally without manipulation.

MAR
10

Online Inquiry Group

📍 Online

Please join us for this exciting, live inquiry group. We will meet for four weeks via Zoom videoconferencing. Inquiry, the central practice of the Diamond Approach, offers a powerful, dynamic doorway to becoming more intimate with our own personal experience in the moment.

MAR
10

Praxistag

📍 Köln, Germany

Wir benutzen verschiedene Formen der Praxis, als Führung, Orientierung und Unterstützung, um unsere wahre Natur / unser Sein ... zu verkörpern ... zu verstehen ... in die Welt zu tragen.

MAR
10

California Diamond Heart 10: Red Essence

📍 Berkeley, CA, USA  New group forming

In this day-long, we will explore the Red Essence, the aspect of essence that gives us the strength and capacity to engage in our inquiry, the assertiveness that allows the "I can."

MAR
12,
26

"Unfolding Now" Book Study Group

📍 Novato, CA, USA

Please join us for a book study group on *The Unfolding Now* by A. H. Almaas, founder of the Diamond Approach.

MAR
13

"Das wirkliche Leben beginnt jetzt" Diamond Approach Buchgruppe

📍 Berlin, Germany

Die Transformation deiner persönlichen Geschichte geschieht in vielen kleinen Schritten, wie auch durch tiefe Seins Erfahrungen. Selbsterkundung, Meditation, Körperwahrnehmung und Texte aus dem Buch "das wirkliche Leben beginnt jetzt" von A. H. Almaas begleiten uns durch die Abende.

MAR
16

Köln Meditation

📍 Köln, Germany

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

MAR
16-
18

Seattle - March 2018 Weekend

📍 Seattle, WA, USA  New group forming

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

MAR
18

Diamond Approach Day of Practice - Boston

📍 Watertown, MA, USA

Come spend a day diving into the three fundamental practices of the Diamond Approach: Meditation; Sensing, Looking, and Listening; and Inquiry. This class is meant for both current students of the Diamond Approach and people who want a first taste of the work.

MAR
19

"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.

MAR
24-
25

Diamond Approach Einführungsworkshop: Essenz

📍 Frankfurt, Germany

In diesem Einführungsworkshop untersuchen wir, an welchen Stellen der

Kontakt zu unserer Essenz verloren gegangen ist. Durch Selbst-Erkundung, dem zentralen Werkzeug des Diamond Approach, wenden wir uns diesen Löchern zu.

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Free Yourself from the Inner Critic

📍 Portland, OR, USA

The 'inner critic' is that inner voice that tells us what to do and what range of behavior is acceptable. When it no longer has a hold on you, your engagement in the world becomes more expressive and authentic.

APRIL
6

Expanding Horizons Webinar with A. H. Almaas

📍 Online  New group forming

In this free, live webinar, A. H. Almaas will explore what it means to expand our horizons, to go beyond what feels familiar and comfortable to find out who and what we truly are. He will also talk about the new way the teaching is being delivered with the group that is forming in Asia.

[More Events](#)

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