



## THE DIAMOND APPROACH®

Teacher Profile

Diamond Approach Means to Me

Online Courses

Events



### Presence: Venture Into the Heart of Enlightenment

In this video A. H. Almaas shares how in the Diamond Approach Presence is not a matter of simply “being present.” Instead, it is recognizing experientially your being and true nature of your consciousness as Presence itself.

A. H. Almaas—along with Karen Johnson, Deborah Ussery Letofsky, and Morton Letofsky—is leading an 8-week online course on Presence presented in partnership with Sounds True. Learn more about the course [here](#).

Watch the Video



## Meet the Teachers: Odile van Eck

"My husband was a student in the Ridhwan School five years before I started, and I could really sense how the work changed him. He taught me inquiry. Right from the start this became a powerful practice for me. It made me feel guided. The presence of basic trust became very palpable and important; I started to sense the deep unconditional loving holding in the work..."

[Read More](#)



## What Diamond Approach Means to Me: John Davis

Diamond Approach teacher and student John Davis shares what the Diamond Approach means to him.

[Watch the Video](#)



## Presence: Venture Into the Heart of Enlightenment

In the Diamond Approach, Presence is not a matter of simply “being present.” Instead, it is recognizing experientially your being and true nature of your consciousness as Presence itself.

Learn more in this 8-week course presented in partnership with Sounds True and featuring A. H. Almaas, Karen Johnson, Deborah Ussery Letofsky, and Morton Letofsky. The course starts **April 1** and costs \$197 USD.

[Learn More](#)



## Meditation with the Diamond Approach

Join Diamond Approach teacher Jeanne Rosenblum on **March 10** to experience two forms of meditation used in the Diamond Approach.

This three-hour, live, online seminar is part of our "Spirituality in Daily Life" Seminar Series. It costs \$35 USD.

[Learn More](#)



## Life Transitions and the Diamond Approach

Join Diamond Approach teacher John Davis on **April 7** to explore the inner structure, challenges, and spiritual possibilities of significant life transitions you've experienced or are experiencing now.

This three-hour, live, online seminar is part of our "Spirituality in Daily Life" Seminar Series. It costs \$35 USD.

[Learn More](#)



## Body, Breath, and Being with the Diamond Approach

Watch for more information coming soon on this seminar taking place on **May 19**.

## Upcoming Events

MAR  
7-10

### Upper Midwest Diamond Approach 3 Retreat

📍 Willard, WI, USA    👥 New group forming

The Upper Midwest Diamond Approach 3 group is open to new students and holds retreats four times a year. Each retreat includes a focus on specific topics which help us connect with our true nature and supports living and functioning more fully as our true-self in the world.

---

MAR  
10

## Meditation with the Diamond Approach

📍 Online

Join us for the first seminar in our Spirituality in Daily Life seminar series that offers you practical methods for navigating life's challenges with spiritual support. Each three-hour, live, online seminar is \$35 USD.

---

MAR  
11

## "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.

---

MAR  
12

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

📍 Berlin, Germany

Warum bin ich hier? Wohin gehe ich? Wer bin ich? 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, Diamond Heart Book "Being and the Meaning of Life".

---

MAR  
15

## 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

## 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 and other questions in this online course.

MAR  
17

### Meditations -und 5 Movement Gruppe in Berlin

📍 Berlin, Germany

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.

---

MAR  
23

### 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  
29-  
31

### Ankommen - Dasein. Einführungsworkshop in Köln

📍 Köln, Germany

Ist die Reise nach Hause, also das Ankommen in meiner Natur, für jede und jeden von uns eine höchst persönliche Angelegenheit. Unser Workshop wird im Kleinen einen solchen Ablauf abbilden. Wir werden meditieren, Vorträge hören, Selbsterkundung betreiben, und uns über die Erfahrungen austauschen.

---

MAR  
29-  
31

### Opening to Essential Compassion

📍 Richardson, TX, USA  New group forming

In this retreat, we will explore how our sensitivity and attunement was blocked as children to avoid feeling pain and hurt. We will examine how necessary and precious true compassion is, and how false compassion compromises our fulfillment.

---

MAR  
30-  
31

### Power and Peace - Diamond Approach Boston 4 Weekend

📍 Auburndale, MA, 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. This latifa reveals one of the mysteries of the universe that can settle the inherent inner chatter of normal consciousness.

---

APRIL  
1

### Presence: Venture Into the Heart of Enlightenment

📍 Online

An 8-week online course presented in partnership with Sounds True and featuring A. H. Almaas, Karen Johnson, Deborah Ussery Letofsky, and Morton Letofsky.

---

APR  
5-7

### Stop! In the Name of Love: How to Disengage from the Inner Critic - Introductory Retreat

📍 Ottawa, ON, Canada

The Super Ego or Inner Critic creates great pain and suffering as it limits our experience, squashes our dreams, and keeps us in check. In this seminar we will begin and continue the process of identifying, understanding, and disengaging from the Super Ego.

---

APR  
5-7

### Introduction Weekend: The Art of Inquiry

📍 Nesbru, Norway

In this weekend we'll explore the practice of inquiry in the Diamond Approach. The workshop is meant for people who want to learn to inquire as well as for people who want to deepen their skills.

---

APR  
5-7

### Compassion on the Spiritual Path

📍 Ann Arbor, MI, USA  New group forming

This is a nonresidential weekend teaching to explore the quality of compassion for self and others.

---

APR  
6-7

### California Diamond Heart April Weekend

📍 Berkeley, CA, USA  New group forming

California Diamond Heart 10 Weekends are open to all those truly interested in joining this local Diamond Approach group.

---

APR  
6-7

## The Courageous and Passionate Heart

📍 Amherst, MA, USA    👥 New group forming

Through meditation, teachings and personal inquiry, we will explore courage and passion, aspects of True Strength. Courage helps us stand up for the truth of who we are and what matters most to us. Passion is the ecstatic yearning for union with our deepest nature.

APR  
6-7

## Inquiry: Joyful Journey

📍 St. Petersburg, FL, USA

Essential Joy is the source of the curiosity and openness needed to engage our love of the truth. This brings about a sense of adventure in discovering the wondrous treasure that is within us—who we really are. With this discovery, our inner journey and our lives can be transformed.

APRIL  
7

## Life Transitions and the Diamond Approach

📍 Online

Join us for the second seminar in our Spirituality in Daily Life seminar series that offers you practical methods for navigating life's challenges with spiritual support. Each three-hour, live, online seminar is \$35 USD.

[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](#).

Please consider forwarding this edition of the E-news to a friend or colleague. You can also share features and videos from our social media sites by clicking the icons below.



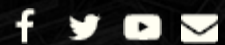
Send your comments or questions to [subscribe@ridhwan.org](mailto:subscribe@ridhwan.org)

Did someone forward this message to you? Sign up to receive free monthly E-news by clicking [here](#).

You can [unsubscribe](#) or [update your preferences](#) at any time.



Connect with us



---

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

Copyright © 2018 The Ridhwan Foundation  
[Update your preferences](#)  
[Unsubscribe](#)