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.
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
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

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.
**Meditation with the Diamond Approach**

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.

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"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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"Essentielles Sein - die Bedeutung des Lebens"

**Buchgruppe**

Berlin, Germany


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**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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**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.
Meditations -und 5 Movement Gruppe in Berlin
Berlin, Germany

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.

Ankommen - Dasein. Einführungswerkshop 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.

Opening to Essential Compassion
Richardson, TX, USA
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.

Power and Peace - Diamond Approach Boston 4 Weekend
Auburndale, MA, USA
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.
### 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.

### 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.

### 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.

### Compassion on the Spiritual Path

**Ann Arbor, MI, USA**<br>**New group forming**

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

### California Diamond Heart April Weekend

**Berkeley, CA, USA**<br>**New group forming**

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

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.

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.

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.