



THE DIAMOND APPROACH®

# The Holding Environment and Basic Trust

"A good holding environment...is the environment that is needed for the human soul to grow and develop into what she can become. It needs to provide a sense of safety and security, the sense that you are, and can count on, being taken care of. Your soul needs an environment that is dependable, consistent, attuned to your needs, and that provides for you in a way that is empathic to those needs. This is the ideal environment for human growth. If the environment has a good sense of holding, you will experience basic trust."

-A.H. Almaas

## The Universe Has Your Back

Depending on your particular history, and how safe and supported you feel with different people, you probably have varying degrees of trust in others. This interpersonal situation that we all experience also reflects a more universal one. How much do you trust in life and in the universe itself? This type of fundamental trust is different from relational trust. In the Diamond Approach it's called basic trust, and it turns out to be extremely consequential for our lives.

[Read Full Blog Post Here](#)



## Meet the Teachers: Elizabeth Slayton

"When I started in the Diamond Approach, I felt as if I had found a drink of water. I felt supported and encouraged in my search. I recognized an integrity and an intelligence in the work. I felt at home. I was challenged by the invitation to come out of hiding. Each inquiry exercise required that I speak up and it was difficult for me. Over time I discovered my own thoughts, insights, questions and a voice to express them."

[Read More](#)

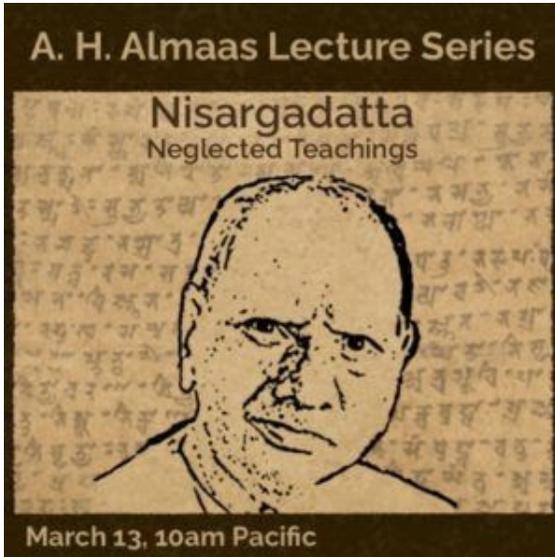
Elizabeth Slayton is part of the teaching team for the Boston 4 group, which will be open to new students for two more months. [Learn more about this group.](#)

Interested in joining a Diamond Approach group? [Browse all open Diamond Approach groups.](#)

# Upcoming Events

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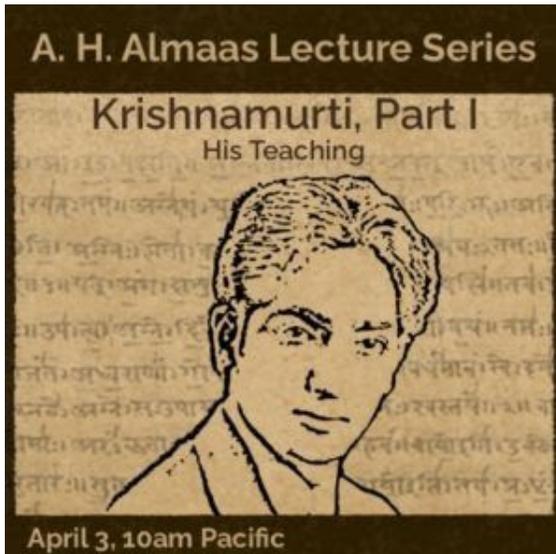
## A. H. Almaas Lecture Series



### Nisargadatta: Neglected Teachings

In the **first of six free lectures**, A.H. Almaas (founder of the Diamond Approach) will carefully investigate Nisargadatta's experience of "I am," pure awareness, and the Absolute. The lecture will be held **March 13, from 10-11:30am Pacific**.

[Learn More](#)

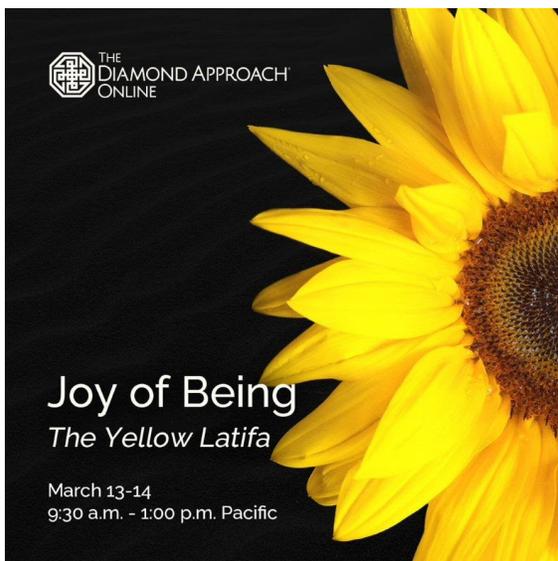


### Krishnamurti Part I. His Teaching

held **April 3, 10-11:30am Pacific**, will illuminate Krishnamurti's contribution to modern spiritual practice, exploring the role of observation without conceptual overlay.

[Learn More](#)

# Upcoming Diamond Approach Online Events

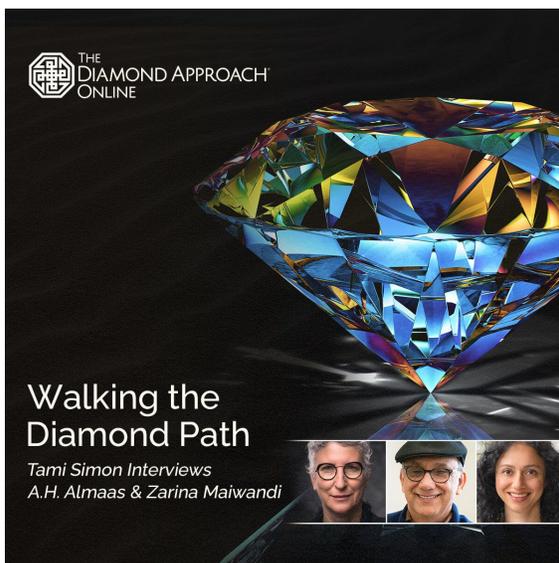


## Lightness of Being: Joy of Being

**Teacher:** Karen Johnson

It is true that the spiritual journey is not for the faint of heart, but the yellow latifa is what makes it fun. Join us for this 2-day exploration of what happiness is and what the deep joy of our soul is.

[Enroll here](#)

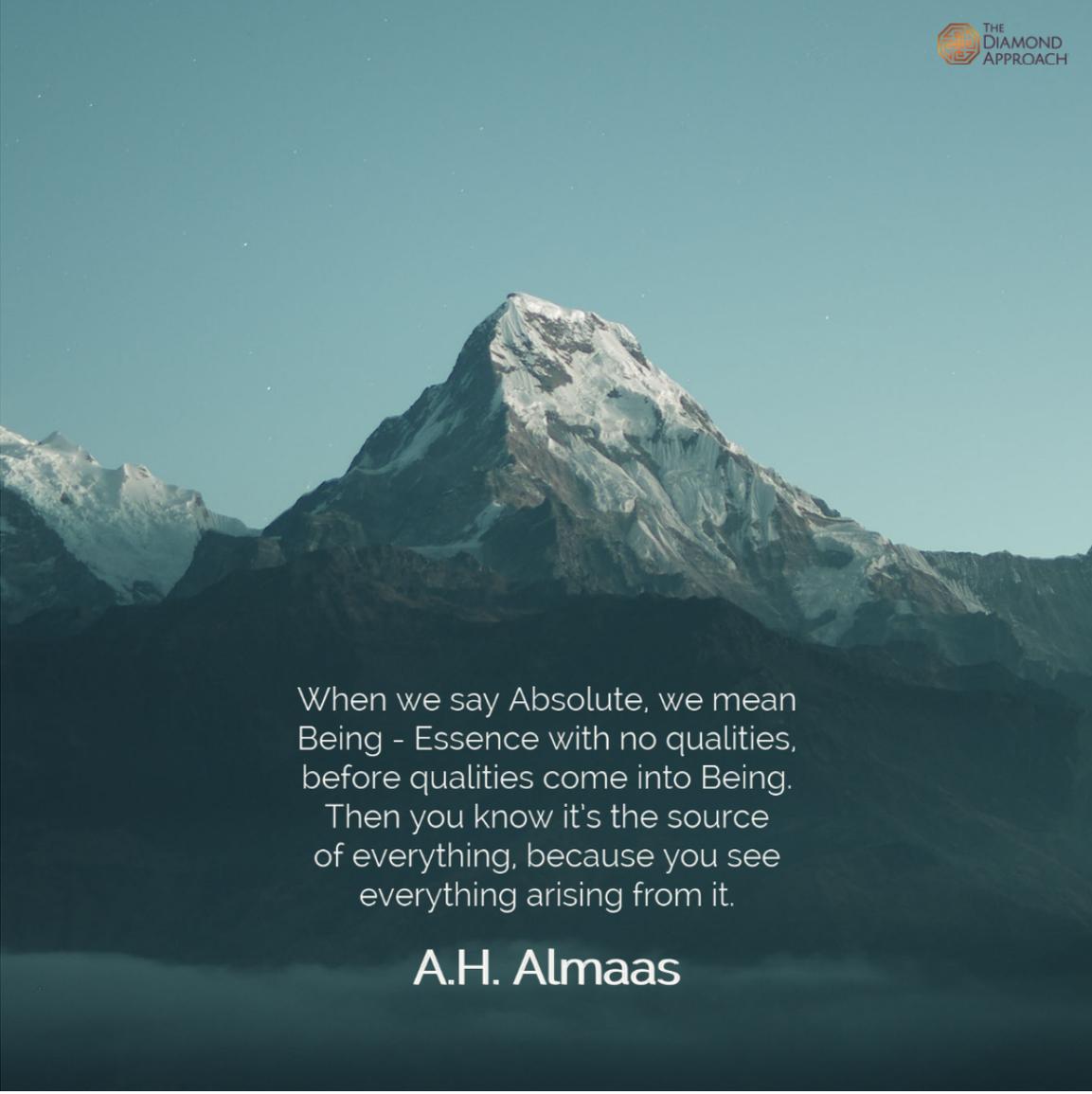


## Walking the Diamond Path

With Tami Simon, A.H. Almaas, and Zarina Maiwandi

Riveting interviewer and founder of Sounds True, Tami Simon, talks with Diamond Approach founder A.H. Almaas (Hameed Ali) and teacher Zarina Maiwandi to help sincere truth seekers learn more about the Diamond Approach (also called the Diamond Path) and the first-ever, all-online Diamond Approach group.

[Watch Here](#)



When we say Absolute, we mean  
Being - Essence with no qualities,  
before qualities come into Being.  
Then you know it's the source  
of everything, because you see  
everything arising from it.

**A.H. Almaas**

# Regional Diamond Approach Events

There are Diamond Approach events happening all across the world. Due to the coronavirus pandemic, many of our events have moved online. We are still listing our events based on the geographic location of our teachers, so click on the graphics below to find events in your area.

Want to receive specific news about Diamond Approach events happening in your area? [Sign up for our Regional Newsletters.](#)

