



DIAMOND APPROACH

A Teaching

From The Alchemy of Freedom



At the beginning of any path, you are in hot pursuit of reality. If you are really into it, and the enlightenment drive is turned on, you are seeking and you are practicing and you are passionate and you are loving whatever is happening. Your experience of reality is that you are in hot pursuit of God. You can't rest because there is something you are aspiring to, whether it appears as a seeking or as a natural impulse.

But when this essential activation is foreground, God is after you. Reality is chasing you, and it is not going to leave you alone. When this occurs, it happens regardless of you, regardless of your resistances and delusions. It can't help but confront and challenge whatever obstructs the way.

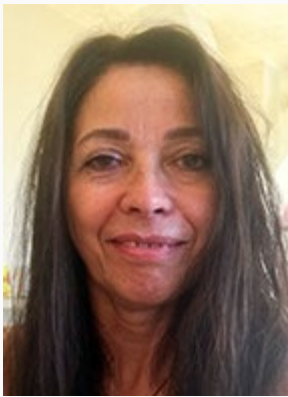
A. H. Almaas, *The Alchemy of Freedom: The Philosophers' Stone and the Secrets of Existence*, Ch. 1

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Meet the Teachers

Gisela Bast



How did you find the Diamond Approach?

A friend of mine told me about a new spiritual teaching. He had met teachers of the Diamond Approach in Maui; in 1991 we started together in the first European Diamond Approach Group. I was a body-oriented psychotherapist and my deep wish had been to find an integration between spirituality and psychology. I had been practicing in the Sufi tradition and with the teachings of Alice Bailey and had been in India several times visiting masters, chanting, and participating in intensive meditation retreats, but something was still missing in me. Real transformation of the ego structure had not happened through these teachings—the roots of the personality came back after some time. In the Ridhwan work I liked the teachers and I deeply appreciated the groundedness and inclusiveness.

When you first started, what was your greatest challenge?

It took me some time to relax deeply within my soul and not fix myself. I had spiritual superego and in the beginning my orientation was more to transcendence. I had resistance to feel the woundings of my childhood, but unexpectedly these wounds were the doorways to true nature.

[READ MORE >>](#)

Diamond Approach Groups & Events

New Groups



May 13-14 - California Diamond Heart 10 (CADH10)

Berkeley, CA - USA

A new Diamond Heart group is now forming in the San Francisco Bay Area. This weekend is one in a series of experiential weekends designed to introduce the Diamond Approach work to interested students. [LEARN MORE>>](#)

June 2-4 - Diamond Approach Seattle 3 (DAS3) Seattle, WA

- USA

We are pleased to invite you to join DAS3, a newly forming, ongoing Diamond Approach group based in Seattle, open to students throughout the Pacific Northwest. DAS3 is a long-term group that meets five times per year. [LEARN MORE>>](#)

June 3-4 - Diamond Approach Boston 4 Group (BOS4)

Auburndale, MA - USA

We are pleased to invite you to join Boston 4, a newly forming, ongoing Diamond Approach group based in Newton, MA. Boston 4 is a long-term group that meets five weekends per year. [LEARN MORE>>](#)

June 13-18 - Washington DC Summer Retreat (DADC2)

Madison, VA - USA

This is a 5-day residential retreat for Diamond Approach Washington DC 2 (DADC2), an ongoing group in the DC metro area. June 13-18 is DADC2's last retreat open to new students. [LEARN MORE>>](#)

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

Events



May 2 - "Das wirkliche Leben beginnt jetzt" Diamond

Approach Buchgruppe Berlin, Germany

In unserem Leben sind wir durch Leiden und Unzufriedenheit oft innerlich unfrei und schöpfen unser menschliches Potenzial nicht voll aus. Alle Qualitäten, die wir im Außen suchen, sind Aspekte unseres Wesens. Die Transformation deiner persönlichen Geschichte geschieht in vielen kleinen Schritten, wie auch durch tiefe Seins Erfahrungen. [LEARN MORE>>](#)

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 One: Elements of the Real in Man*. Each meeting will include meditation, inquiry processes, and discussion. [LEARN MORE>>](#)

May 6-11 - Quasar Seminar IX: Uniqueness in Unity Berlin, Germany

We are offering the ninth in a series of public seminars, primarily for

individuals who wish to have a direct and experiential taste of the Diamond Approach work. We will explore in depth the two sides of uniqueness and unity along with the psychological and philosophical questions and barriers they bring up in our experience. [LEARN MORE>>](#)

May 7, 21 - London Sunday Open Inquiry London, UK

These meetings are an ongoing opportunity to meet in central London with other inquiring souls and a Diamond Approach teacher, and to practice together—meditation, presence, and open-ended inquiry. The meetings are open to all existing and former Rihwan students, as well as any interested member of the public. [LEARN MORE>>](#)

May 7-June 18 - Diamond Heart Book One Study

Group Boulder, CO - USA

We will explore the first six chapters of A. H. Almaas' *Diamond Heart Book One: Elements of the Real in Man*, focusing on a different chapter for each meeting. There will be open discussion as well as the opportunity to inquire more personally and deeply into your individual response to the material. This is an excellent opportunity to get a taste of the Diamond Approach. [LEARN MORE>>](#)

May 11 - Info Abend Diamond Approach Köln, Germany

Wir werden Informationen über den Diamond Approach geben. Wie sieht der Pfad zur Selbstverwirklichung aus, den Studentinnen und Studenten des Diamond Approach gehen? Wir geben die Möglichkeit, Teile eines Lehrvortrags in deutscher Sprache anzuhören und dazu gemeinsam ein wenig Selbsterforschung zu betreiben. [LEARN MORE>>](#)

May 13 - Essential Perception: Portal to Liberation

Jacksonville, FL - USA

We as humans are blessed with the capacity to perceive with our senses: sight, sound, taste, feel, and smell. From the perspective of the Diamond Approach, our perceptual capacity can serve as a surprisingly direct doorway to knowing who we really are. Yet, we may not know how to access that doorway. [LEARN MORE>>](#)

May 13 - The Obstacle is the Way: A Free Diamond

Approach Webinar Boston, MA - USA

In life in general, when we encounter obstacles, we try to get around them, surmount them, or overcome them one way or another. Much of the time, however, the best strategy is to go through the obstacles. In this free webinar we will explore why this is so, and how it works. [LEARN MORE>>](#)

May 19-21 - Engaging Your Life Force Houston, TX - USA

How do you bring growth and expansion into your day-to-day life? In this weekend retreat, we will explore the Red Aspect, which is one of the five aspects of our inner nature that is foundational to embarking on a spiritual path. [LEARN MORE>>](#)

May 21 - Taking Root: A Diamond Approach Practice

Group Vancouver, BC - Canada

This series of four, two-hour Sunday meetings will focus solely on deepening our practice of meditation, sensing, and inquiry. [LEARN MORE>>](#)

May 24 - 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>>](#)

May 27 - Webinar: “The Magnetism of Love” – with Jean

Berwick Australia

The inner journey of spirituality is a matter of loving the true depth of who we are as human beings. There is a natural magnetism toward unity, the unity between our True Nature and our individual consciousness. [LEARN MORE>>](#)

June 10 - Inquiry: Doorway to Freedom Boulder, CO - USA

As humans, we inherently long to be free—to actualize our true human potential. Inquiry, the central practice of the Diamond Approach, offers a powerful, dynamic doorway to a freer life. [LEARN MORE>>](#)

June 13 - “Das wirkliche Leben beginnt jetzt” Diamond

Approach Buchgruppe Berlin, Germany

Wir leben in einer Welt voller Geheimnisse, Wunder und Schönheit. In unserem Leben sind wir durch Leiden und Unzufriedenheit oft innerlich unfrei und schöpfen unser menschliches Potenzial nicht voll aus. Alle Qualitäten, die wir im Außen suchen, sind Aspekte unseres Wesens. [LEARN MORE>>](#)

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

Diamond Approach in the World

A Face of Diamond Heart in Prisons



By Vern Ludwig, Diamond Approach student

My Beginning

Since October 2001 I have been working with men at Federal Medical Center Devens, a federal prison, and in recent years at Massachusetts Correctional Institution Norfolk. This 15 years' participation is my single, longest service in any one project.

Our Approach

In the Jericho Circle Project we work in two-hour sessions of five rounds: naming feelings; facilitating experience; and naming what has occurred.

Personal Inspiration

My inspiration is fueled by the truth, trust, and courage I experience in a Jericho Circle. Diamond Heart provides awareness and language to discriminate my perceptions in a way that is rare in much of my ordinary life.

[READ MORE>>](#)

A. H. Almaas' Book Signing

A Video of the Event



Recently, A. H. Almaas' gave a book talk on *[The Alchemy of Freedom](#)* in Berkeley, California. We hope you enjoy it.



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