Captured by the Business of Life

In this video A. H. Almaas talks about having a spiritual life in the midst of a busy world.

Watch the Video
I had been a meditator for some time. I'd followed other paths and I found that there was a certain stagnancy in my practice. It felt like things weren't moving...

Meet the Teachers: 
Lou Weir

Watch the video

Students Share: The Story of Dhat, A Missing Chapter

The Sufi story of Dhat has been important to the Diamond Approach since its inception. Dhat appears in Idries Shah’s Tales of the Dervishes as “The King’s Son”...

Read More

Diamond Approach in the World: The Listening Post

Diamond Approach student Marcia Wakeland discusses how the wisdom and gifts of the Diamond Approach complement her work with a unique program in Anchorage, Alaska.

Watch the video
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

Amsterdam Book Talk with Karen Johnson

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

Job Opportunities

The school is growing and we need skilled people!

- Administrative Associate/Special Projects
- Director of Communications
Now Available on Demand: Introduction to the Diamond Approach

An online course that offers a glimpse into the contemporary spiritual path of the Diamond Approach.

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.
Upcoming Events

MAY 5
California Diamond Heart 10: Freedom and the Superego
Berkeley, CA, USA
In this daylong we will cover what the superego or inner critic is, how it develops and its function, and how it eventually constrains our experience and freedom.

MAY 6
Book Talk with Karen Johnson - The Jeweled Path
Amsterdam, Netherlands
Diamond Approach co-founder Karen Johnson will be speaking about her new book describing the development of the Diamond Approach.

MAY 12
New Online Inquiry Group
Online
Anyone, anywhere may join in this online inquiry group, especially those interested in the newly forming Diamond Approach group in Florida.

MAY 15
"Das wirkliche Leben beginnt jetzt" Buchgruppe Berlin
Berlin, Germany
Wir praktizieren Selbsterkundung und Meditation, dabei begleiten uns Texte aus dem Buch 'das wirkliche Leben beginnt jetzt' A. H. Almaas.

MAY 18
Köln Meditation
Köln, Germany
Einmal im Monat sind alle Interessierten zu einem Treffen eingeladen, zusammen unter Anleitung eines Diamond-Approach-Lehrers zu meditieren.

MAY 18-20
Fulfilling the Heart's Desire
Richardson, TX, USA
New group forming
We as humans are blessed with the capacity to perceive with our senses. From the perspective of the Diamond Approach, our perceptual capacity is a doorway to knowing who we really are.

**The Inner Journey of Being a Parent - An Online Course**

- **Online**

We will explore how particular essential qualities within us like compassion, courage, joy and openness can be revealed in our parenting, and how those inner qualities in turn can serve our parenting.

**Free Webinar - "Sacred Understanding" with Ash Wain**

- **Online (Sydney, Australia)**
  - **New group forming**

This free webinar will look at understanding, in its ordinary sense, and as a sacred mystery at the center of the Diamond Approach.

**"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.

**Soul without Shame - A Compassionate Confrontation of Self-Judgment**

- **Penzberg, Germany**

This workshop is an introduction to the Diamond Approach, a spiritual teaching that directly addresses the superego to create space for inner work.

**Seattle - June 2018 Weekend**

- **Seattle, WA, USA**
  - **New group forming**

We are pleased to invite you to join Cascadia Diamond Approach 4 (CASC4), a newly forming on-going Diamond Approach group based in Seattle, open to students throughout the Pacific Northwest.
Diamond Approach Boston 4 Weekend

East Providence, RI, USA  🟢 New group forming

This group is open to new students who are interested in getting a taste of the Diamond Approach with a growing community of people.

More Events

Find a Diamond Approach Group  Find a Diamond Approach Teacher

Connect with us

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