



THE DIAMOND APPROACH®

Teacher Profile

Diamond Approach Means to Me

Online Courses

Events



Breath as a Doorway to Your Spiritual Nature

In this video Diamond Approach teacher Jessica Britt explains how the breath can awaken a direct experience of your soul.

Jessica will be teaching more about the breath in a three-hour, live, online seminar: "Body, Breath, and Being" on May 19, part of our "Spirituality in Daily Life" Seminar Series. Learn more about the seminar [here](#).

Watch the Video



Meet the Teachers: John Harper

"I didn't find the Diamond Approach, the Diamond Approach found me."

[Watch the Video](#)



What Diamond Approach Means to Me: Nihar Shah

Diamond Approach student Nihar Shah shares what drew him to the Diamond Approach, including how he has learned to live life as a question.

[Watch the Video](#)

Free Event with A. H. Almaas



A New Contribution to Spirituality: The Diamond Approach Path

Join Diamond Approach founder A. H. Almaas for a free, interactive webinar on **May 5**. Learn more about the Diamond Approach and ask your questions.

[Learn More](#)



Body, Breath, and Being with the Diamond Approach

Join Diamond Approach teacher Jessica Britt online on **May 19** to explore how the body and breath can become your allies, increasing your mindfulness and "in-touchness" with your most authentic self. This three-hour, live, online seminar is part of our "Spirituality in Daily Life" Seminar Series. It costs \$35 USD.

[Learn More](#)



Introduction to the Diamond Approach

Join us for our 6-week course—featuring Diamond Approach founder A. H. Almaas and three other experienced teachers—to receive guidance and practices to navigate the depths of who and what you truly are. Starts **June 17**.

[Learn More](#)

Upcoming Events

MAY
2

The Power of Silent Inquiry

📍 Houston, TX, USA

What is the quality of our consciousness that feels like Power and how does it function when we inquire into something we don't understand? Bringing focus to the quality Power and the capacity for inquiry can help us become more effective and capable living in the world.

MAY
4

Exploring the Inner Critic - Loving Kindness and Compassion as an Antidote to Judgment and the Inner Critic

📍 Online

How can being in touch with our loving kindness and compassion to disengage the attacks and judgments of the inner critic? We can bring empathy and healing to the inner critic's positions and concerns and restore our openness of heart.

MAY
5

A New Contribution to Spirituality: The Diamond Approach Path

📍 Online

Join Diamond Approach founder A. H. Almaas for a free, interactive webinar. Learn more about the Diamond Approach and ask your questions.

MAY
5

Stillness, Peace, and Power

📍 Fort Worth, TX, USA

For most of us, there doesn't seem to be a connection between stillness, peace, and power. As we explore these three aspects of our True Nature more deeply, we can see that they're actually one and the same.

MAY
6

Working With The Inner Critic - A 4-Class Series

📍 Boulder, CO, USA

We will explore the Inner Critic and learn how to recognize it, understand the influence it has on our lives and well-being, and how to separate ourselves from it. The first meeting on May 6 will be a free introduction.

MAY
7

"Essentielles Sein - die Bedeutung des Lebens" Buchgruppe

📍 Berlin, Germany

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.

MAY
8

"What Is a Spiritual Life?" - Free Webinar

📍 Online

This webinar is part of the offerings of a new Diamond Approach group which is forming in the Philadelphia area and is open to new students. The webinar is a chance to meet some of the teachers, ask questions about the Diamond Approach, and learn a bit about this path of inner work.

MAY
10

Köln Meditation

📍 Köln, Germany

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

MAY
11

Presence, Perception, Pencil, and Paper

📍 Dedham, MA, USA

This workshop is not about learning to draw, but about using the practice of making marks on paper to connect with ourselves and to touch in to our surroundings, into the immediacy and freshness of our experience.

MAY
11

Sacred Impulses: Experiencing Essence through Movement and Inquiry

📍 Online

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 questions in this online course.

MAY-
JUNE
11-
29

New Online Inquiry Group Series

📍 Online

Our live inquiry group online is welcoming new and returning members! While this online group includes members of the new, open Diamond Approach Florida group, anyone may attend this online inquiry group.

MAY
12

Sensibilität, Offenheit und Empathie.. ein Praxistag in Berlin

📍 Berlin, Germany

An diesem Tag widmen wir uns der grünen Essenz, dem essentiellen Mitgefühl, der liebenden Güte, der Sensibilität und der inneren Bereitschaft dich deinem Schmerz zu öffnen.

MAY
17-
19

Befri dig for din indre kritiker / Free Yourself From Your "Inner Critic"

📍 Copenhagen, Denmark

I Diamond Approach arbejder vi med den indre kritiker ud fra sjælens perspektiv på en helt unik måde. / In this weekend we will look at the dynamic of the "The Inner Critic"—how it impacts us, how it prevents us from sensing ourselves, and how we can find our own truth and inner value.

MAY
18

Free Webinar - "The Prison of Opinion" with Ashley Wain

📍 Online, Sydney, Australia

These days, it seems everyone has infinite opinions. By understanding how our ideas and our identity get bound up together, we can start to unbind the knots of our false self and its opinionated mind and know the sky-like freedom of true and certain knowledge.

MAY
18

The Contemporary Pilgrim: Support Along the Way

📍 New York, NY, USA

What does it mean to be a pilgrim in today's world? Our focus during this teaching will be on developing the orientation of the Diamond Approach—openness to our experience, curiosity and kindness toward that experience, and the ability to be more fully in our immediate experience.

MAY
18-
19

May Retreat - The Mystery of Simply Being

📍 Wallingford, PA, USA  New group forming

In this weekend retreat, we will use meditation, talks, experiential exercises, and personal inquiry to learn about this unique process of self discovery and realization. Diamond Approach Philadelphia 2 is a teaching group open to new students.

MAY
19

Body, Breath, and Being with the Diamond Approach

📍 Online

Join senior Diamond Approach teacher Jessica Britt online to explore how the body and breath can become your allies, increasing your mindfulness and "in-touchness" with your most authentic self. This three-hour, live, online seminar is part of our "Spirituality in Daily Life" Seminar Series.

MAY
19

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.

MAY
24-
26

Hamburg Mai Wochenende

📍 Hamburg, Germany  New group forming

Es gibt eine neue Diamond Approach Gruppe, die sich an 5 Wochenenden im Jahr in Hamburg-Altona trifft. Zu dieser fortlaufenden Gruppe sind neue Teilnehmer eingeladen.

MAY
25

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.

MAY-
JUNE
31-2

Accessing the Stillness of Being

📍 Houston, TX, USA

In this weekend retreat, we will explore the stillness of being; an exquisite aliveness, subtlety, and sharpness. Our access to stillness is through exploring our inner, agitated ego activity and how it robs us of having space to just experience the stillness of our being.

JUN
1

Exploring the Inner Critic - The Sacred Dance Between Strength and Vulnerability

📍 Online

This online talk invites us to explore and access the aspect of our soul that is resilient, courageous and can support the tender openness of our inner journey without judging or rejecting any of our experience.

JUNE
2

Freiheit und Liebe

📍 Berlin, Germany

Dieses Tagesseminar dient zum Kennenlernen der Arbeit der Ridhwan Schule, eine zeitgenössische Mysterienschule gegründet von A. H. Almaas, die sowohl Methoden der großen spirituellen Traditionen, wie auch die der modernen Psychologie benutzt.

JUN
2-9

Diamond Heart Retreat Group 6 - First Retreat

📍 San Jose, CA, USA  New group forming

This is a newly forming group that will meet twice a year for 7-day retreats. The group is open to participants from anywhere.

JUN
4

"Essentielles Sein - die Bedeutung des Lebens" Buchgruppe

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JUN
8-9

Diamond Approach Boston 4 Weekend

📍 Auburndale, MA, USA  New group forming

Please join us in this new group if you're 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](#)

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](#).

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