



## DIAMOND APPROACH



### **Race & Ridhwan**

An excerpt of a conversation between Diamond Approach teacher, Eugene Cash and seminary student Diane Woods on the importance of addressing issues of race and privilege in our lives.

*"...the heart of the school is love and being curious and love of the truth and knowing that I'll find what I need to find in me, not over there inside you." - Diane Woods*

[WATCH THE VIDEO CLIP>>](#)

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### **Meet the Teachers**

Jessica Britt

### How did you find the Diamond Approach?

I found Hameed before there was a Diamond Approach. When I met Hameed I was looking for a body-oriented therapist, I was not looking for a spiritual teacher. In the mid- 1970's I was looking for a Reichian Therapist and I was referred to Hameed as one of two possible choices. I unexpectedly saw Hameed at a social gathering, and I was so struck by the kindness of his eyes, and given my early childhood history with being in a body cast, I thought his use of a crutch would give him an extra in-touchness with my history. I chose Hameed. I was young, it took me a few years to appreciate the magnitude of Hameed's evolving perspective, what the unfolding and developing inquiry was revealing.



[READ MORE>](#)

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## Diamond Approach GROUPS & EVENTS

### New Groups



#### Seattle - DAS3

**November 4 - 6**

We are pleased to invite you to join DAS3, a newly forming on-going Diamond Approach group based in Seattle, open to students throughout the Pacific Northwest. [LEARN MORE>>](#)

#### Washington, DC

**November 5 - 6**

The practice of inquiry, using our heart, mind and body, fueled by curiosity and love of truth, is central to the Diamond Approach.

[LEARN MORE>>](#)

#### California - DH10

**November 5 - 6**

California Diamond Heart 10 is now forming in the San Francisco Bay Area. [LEARN MORE>>](#)

#### Boston 4 – Diamond Approach group

**December 10 - 11**

The Boston 4 Diamond Approach® group has been launched and is now accepting new students. [LEARN MORE>>](#)

## Connecticut – DHR5

**March 5 – 12**

Diamond Heart Retreat Group 5 is still open to new Members. They will be closing prior to the March 2017 retreat. This group began in Fall 2014 and meets twice yearly. Those interested in Joining DHR5 must apply and be accepted prior to the February 17, 2017 deadline. ;[LEARN MORE>>](#)

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

## EVENTS

### **Nov 5 - The Art of Inquiry...innere Erkundung als spiritueller Weg, Berlin, Germany**

This is a group for those who are interested to learn about inquiry as spiritual practice. It is open for all, whether Ridhwan students or not. We will refer to certain chapters of the book "Spacecruiser Inquiry". [LEARN MORE>>](#)

### **Nov 8 - "Das wirkliche Leben beginnt jetzt" Diamond Approach Buchgruppe, Berlin, Germany**

Selbsterkundung / Inquiry als spirituelle Praxis, Meditation, Körperwahrnehmung und Texte aus dem Buch "das wirkliche Leben beginnt jetzt" von A.H.Almaas begleiten uns durch die Abende. [LEARN MORE>>](#)

### **Nov 9 - Five Movements Class: Meditative Movement & Inquiry Auburndale, MA**

The Five Movements Practice is a way to explore the subtle inner nature and spirit that exists within our body's sensations, movements and expressions. [LEARN MORE>>](#)

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

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*Diamond Approach Online & Conscious 2  
present*



## On Being Human

A 12-hour online workshop with Jeanine Mamary and Bob Ball

Begins November 16, 2016

Embracing our humanness means including our limitations and shortcomings as well as our endless, unfathomable human potential. Using the perspectives and teaching of the Diamond Approach, Jeanine Mamary and Bob Bell will guide this exploration. It will be relevant for those familiar with the approach and other spiritual traditions, as well as those with no prior spiritual practice or path. This online workshop includes meditations, teachings and practical exercises. [LEARN MORE>>](#)

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