



## THE DIAMOND APPROACH®

[Teacher Profile](#)

[Diamond Approach in the World](#)

[Events](#)

[Online Courses](#)



### The Quantum View of Realization

In this video clip, A. H. Almaas challenges the prevailing non-dualistic view of realization. He uses the language of quantum theory to present a view of reality that is more mysterious and indeterminate than either duality or non-duality.

[Watch the Video](#)



## Meet the Teachers: Gregory Beck

I found the Diamond Approach in 1986 through a Rolfer in bodywork, who was a student in the teaching. His practice happened to be down the street from where I lived...

[Read More](#)



## Diamond Approach in the World: A Prison Support Group

For some years, I wanted to volunteer in a setting unrelated to my work as a Diamond Approach teacher. I was keenly aware that I was largely "preaching to the choir" ...

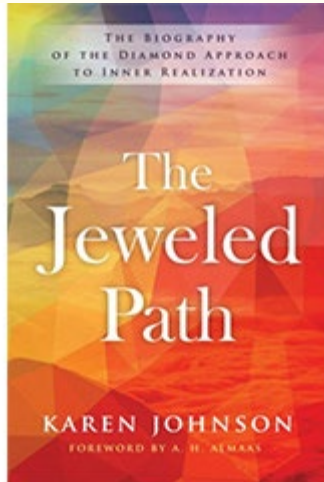
[Read More](#)



## Students Share: The Diamond Approach in Nature

Many, many people have found awakening, nourishment, intimacy with themselves, and direct contact with essence through experiences in nature. I sure have. For almost as long...

[Read More](#)



## New Book by Diamond Approach Co-Founder Karen Johnson

*The Jeweled Path* tells the story of how the Diamond Approach emerged. Learn more and browse inside the book at Shambhala Publications.

[Learn More](#)



## Psychotherapy & Spirituality Summit

Diamond Approach founder A. H. Almaas and Diamond Approach teacher Sandra Maitri are featured in this free, online summit running October 30 to November 8 through Sounds True.

[Learn More](#)



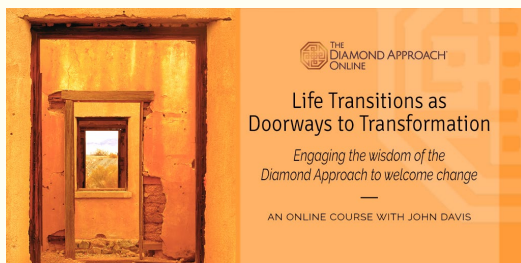


## Soul Without Shame

Learn to reclaim your essential strength from your inner critic.

*Note: This course started on October 23 but it's not too late to join. Registration closes November 1.*

[Learn More](#)



## Life Transitions as Doorways to Transformation

Learn to move through transitions in a more conscious and thorough way to find greater freedom.

*Note: This is an on demand course you can start at any time and do at your own pace.*

[Learn More](#)

## Upcoming Events

NOV  
1

### Doorgaande Inquiry Groep

📍 Hilversum, Netherlands

Inquiry, een vorm van zelfonderzoek, is de centrale beoefening in de Diamond Approach. 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.

---

NOV  
3

### Köln Meditation

📍 Köln, Germany

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

---

NOV  
3-5

### Cascadia Diamond Approach 4 (CASC4) November Weekend

📍 Seattle, WA, USA  New group forming

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

---

NOV  
4-5

### California Diamond Heart 10: Personal Love - The Way Home

📍 Berkeley, CA, USA  New group forming

During this weekend, we will explore together what Personal Love actually is, how it manifests, what blocks it and why it is necessary for the spiritual journey.

---

NOV  
4-5

### Essenz – Einführungsworkshop in den Weg des Diamond Approach

📍 Köln, Germany

Im Einführungsworkshop untersuchen wir, an welchen Stellen der Kontakt zu unserer Essenz verloren gegangen ist. Durch Selbst-Erkundung, dem zentralen Werkzeug des Diamond Approach, wenden wir uns diesen Löchern zu.

---

NOV  
4-5

### Heart of Life - Loving Kindness

📍 Rotterdam, Germany

This introductory weekend explores the Heart of Life through the central practices of the Diamond Approach. Loving kindness is the sensitivity we need to attune to what really matters to us at the moment. It gives our inquiry an empathic, compassionate precision.

---

NOV  
5

## Webinar: The Power of the Practice

📍 Asia - Online    👥 New group forming

People from many different countries and cultures have found the Diamond Approach a powerful path to self-realization. In this webinar, we will explore a few of the basic principles that fuel the power of this path.

---

NOV  
7

## "Das wirkliche Leben beginnt jetzt" Diamond Approach Buchgruppe

📍 Berlin, Germany

Die Transformation deiner persönlichen Geschichte geschieht in vielen kleinen Schritten, wie auch durch tiefe Seins Erfahrungen. Selbsterkundung, Meditation, Körperwahrnehmung und Texte aus dem Buch "das wirkliche Leben beginnt jetzt" von A. H. Almaas begleiten uns durch die Abende.

---

NOV  
25

## Praxistage

📍 Köln, Germany

Wir werden an unseren Praxistagen verschiedene Bereiche vertiefend betrachten und erforschen -Meditation -Spüren , Schauen und Lauschen - Erforschen -vertiefende Einzelarbeit in der Gruppe.

---

DEC  
1

## Köln Meditation

📍 Berlin, Germany

This is a group for those who are interested in learning about inquiry as spiritual practice. It is open for all, whether Rihwan students or not. The group will be taught in German.

---

DEC  
5

## "Das wirkliche Leben beginnt jetzt" Diamond Approach Buchgruppe

📍 Berlin, Germany

Die Transformation deiner persönlichen Geschichte geschieht in vielen kleinen Schritten, wie auch durch tiefe Seins Erfahrungen. Selbsterkundung, Meditation, Körperwahrnehmung und Texte aus dem Buch "das wirkliche Leben beginnt jetzt" von A. H. Almaas begleiten uns durch die Abende.

---

DEC  
7-10

### Upper Midwest Group 3 December Retreat

📍 Willard, WI, USA    👥 New group forming

A new Diamond Approach Group has started in the Upper Midwest Region and it is currently open and growing.

---

DEC  
9

### Webinar: "A Blessed Life" with Laurie Wattell

📍 Sydney, NSW, Australia

Do you freely express your life's blessings? Or is this something you keep for yourself? What if each moment of life is filled with inherent blessings? We will use this webinar to inquire into our ideas as well as the deeper meaning of a blessed life.

---

DEC  
9

### The Lataif: Gateways to Essence Practice Day

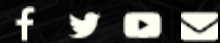
📍 Boulder, CO, USA    👥 New group forming

This is a new group forming and we welcome new students to explore this dynamic and exciting path of realization.

[More Events](#)



Connect with us



The Ridhwan Foundation  
P.O. Box 10173  
Berkeley, CA 94709

Copyright © 2017 The Ridhwan Foundation  
[Update your preferences](#)  
[Unsubscribe](#)