



THE DIAMOND APPROACH®

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A Teaching on the Mysterious Possibility of Being Human

This teaching excerpt and exercise is from the Diamond Approach Online course *Soul Without Shame: Exploring the Nature of Self-Judgment* with Byron Brown, a six-segment online course on dealing with the superego or inner critic.

Curious for more? Join us for the upcoming free webinar *From Self-Judgment to Self-Compassion* with A. H. Almaas and Byron Brown.

[Watch the Video](#)



Meet the Teachers: Naya Kee

In this video Diamond Approach teacher Naya Kee shares how being part of a Diamond Approach group and working with a private teacher has kept her engaged in the work.

[Watch the Video](#)



Diamond Approach in the World: Being in Motion - Part Four

Linda Krier, Diamond Approach teacher, shares about accessing materials and teachers that will help you learn the Five Movements practice.

[Watch the Video](#)



Students Share: Starry Night

I am often struck by the power of the mundane mind to drain the wonder and magic out of everyday life. Whatever I am exposed to on a regular basis—people, objects, experiences—becomes, to my mind's eye....

[Read More](#)



Job Opportunity

We are looking for an Office Manager in our Berkeley, CA, USA office.

[Learn More](#)



From Self-Judgment to Self-Compassion: A Free Webinar with A. H. Almaas and Byron Brown

In this free, interactive webinar, A. H. Almaas and Byron Brown will explore the way the Diamond Approach can help us begin to use true strength, compassion, and awareness to reclaim what our coercive inner judge has taken away from us.

[Learn More](#)



Soul Without Shame

In this course Diamond Approach teacher Byron Brown helps us begin to directly address our inner judge using principles of the Diamond Approach.

[Learn More](#)

Upcoming Events

NOV
2

Köln Meditation

📍 Köln, Germany

In this weekend we will explore where true inner support comes from, and what prevents it from manifesting for us more often in our daily lives.

NOV
2-4

Diamond Approach Ottawa: Inner Support

📍 Ottawa, ON, Canada  New group forming

In this weekend we will explore where true inner support comes from, and what prevents it from manifesting for us more often in our daily lives.

NOV
3

Inquiry: Compassionate Journey Home

📍 Denver, CO, USA

In this daylong there will be evocative talks, meditation, personal inquiry exploration. Experienced students and newcomers are welcome to attend!

NOV
3-4

Inner Strength and Courage

📍 Amherst, MA, USA  New group forming

In this weekend we explore the quality of strength. We discover our capacity for dynamically expanding into life and firmly separating from what no longer serves us and the courage and capacity to be fully who we are.

NOV
5

"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.

NOV
6

"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.

NOV-
JUNE
8-13

Parenting Inquiry Group

📍 Online

This parenting inquiry group is an opportunity to explore in an open-ended way how parenting can transform us, which in turn informs how we parent our children.

NOV
10

Online Inquiry Group Series

📍 Southeast USA, Online

We are offering another exciting, live inquiry group series online for those who live in the Southeast USA. Returning and new members are very welcome to attend!

NOV
10-
11

Aufrichtig - Ein Diamond Approach-Einführungsworkshop in Köln

📍 Köln, Germany

Wenn Mitgefühl auf Schmerz trifft, kann Stück für Stück der Filter aufgegeben werden. Wir können entdecken, dass unser Bemühen um Aufrichtigkeit einen Zugang zu Freiheit schafft.

NOV
11

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.

NOV
15

Inquiry: Exploring the Moment of Now

📍 New York, NY, USA

You're invited to participate in an inquiry group forming in Greenwich Village. With the presence of the group teacher, we look into the physical, emotional, and essential levels of ourselves to see what is presenting.

NOV
23-
25

Hamburg November Wochenende

📍 Hamburg, Germany  New group forming

September 2017 begann eine neue Diamond Approach Gruppe, die sich an 5 Wochenenden im Jahr in Hamburg-Altona trifft. Zu dieser fortlaufenden Gruppe sind neue Teilnehmer im Laufe von 2018 eingeladen.

NOV
23-
25

The Lataif: Gateways to Essence - Essential Compassion

📍 Willard, WI, USA  New group forming

Do you yearn for a greater sense of strength and compassion in your life? Please join us for an exploration of Essential Compassion.

DEC
1

From Self-Judgment to Self Compassion: A Free Webinar with A. H. Almaas and Byron Brown

📍 Online

In this free, interactive webinar A. H. Almaas and Byron Brown will explore the way the Diamond Approach can help us begin to directly address our inner judge and use true strength, compassion, and awareness to reclaim what the judge has taken from us.

DEC
1-2

Colorado Diamond Heart 9 December Weekend

📍 Boulder, CO, USA  New group forming

Diamond Heart 9 is an ongoing group that is open to new participants. You are invited to attend a weekend and see if it might be a fit for you.

DEC
1-2

California Diamond Heart 10 December Weekend

📍 Berkeley, CA, USA  New group forming

In our December teaching we will continue exploring what we call essential aspects, the way our true nature manifests in many different qualities.

[More Events](#)

[Find a Diamond Approach Group](#)

[Find a Diamond Approach Teacher](#)



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

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