



THE DIAMOND APPROACH®

November 2019 Newsletter

Meet a Ridhwan Teacher



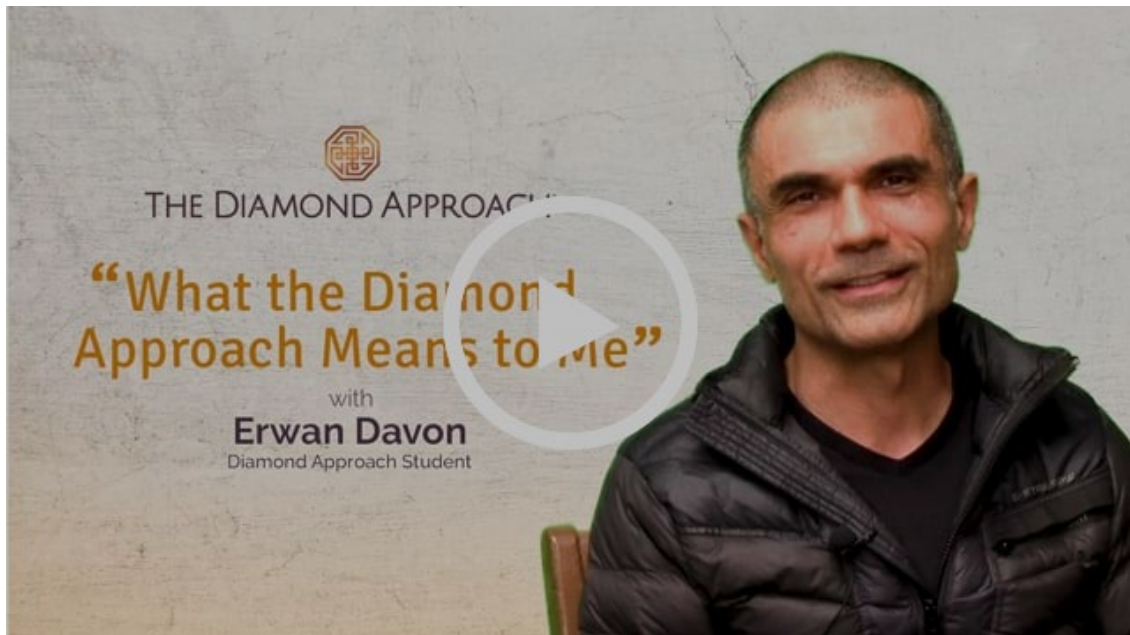
[Ilene Buchalter](#) teaches in Florida where a new Diamond Approach® group is forming. The group is having a weekend retreat January 31 – February 2, 2020 to explore [Inquiry: Powerful Journey of Peace](#).

The Diamond Approach is taught by Ridhwan teachers, who are also ordained ministers. Teacher/ministers are trained by the Ridhwan Foundation through a

rigorous ten-year program.

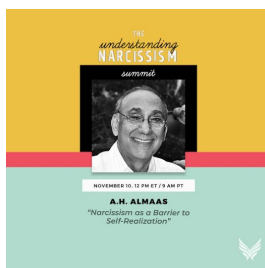
[Read more about the Ridhwan School and its teachers.](#)

What the Diamond Approach Means to Me



"What the Diamond Approach Means to Me" is a video series featuring teachers and students of the Ridhwan school sharing how the Diamond Approach teaching has transformed their lives.

Diamond Approach Online



November 10 | Sounds True Publishing

A.H. Almaas **Narcissism as a Barrier to Self Realization**

Offered by Sounds True through the upcoming, online [Understanding Narcissism Summit](#)



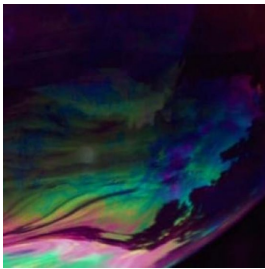
November 9 | Free online webinar

Zarina Maiwandi

[Accepting What Is](#)

This free online event is for those new and curious about the Diamond Approach path. [Register today!](#)

Ways to Engage



November 2 – 3 | Berkeley, California

[California DH10](#) – Open Group

Led by Johanna Holloman and Blanchefleur Macher

DH10 Big Group Meetings are open to all those interested in joining this local Diamond Approach group. No prior experience is needed to register.



November 2 – 3 | New Orleans , Louisiana

[Waking Up to the Joy of Discovery: Introductory Weekend](#)

Led by Ben Centanni and Dale Sides

In this weekend we will learn key principles of the Diamond Approach, including how Inquiry can open us to the magic of our deepest nature.

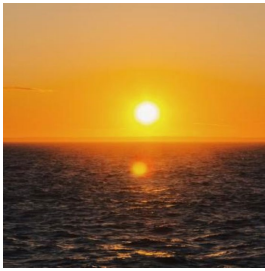


November 2 – 3 | Amherst, Massachusetts

[Amherst Diamond Approach: Compassion and Empathy](#)

Led by Elizabeth Slayton, Leah Chyten, Parvati Grais and Nancy Joly

Empathy, as an expression of compassion, gives us that capacity, and is fundamental to all relatedness. We will explore the nature of empathy, and how that informs the nature of compassionate action.



November 5 | Berlin, Germany

["Essentielles Sein – die Bedeutung des Lebens"](#)

[Buchgruppe](#)

Led by Gisela Bast

Selbsterkundung, Meditation und Texte aus dem Buch "Essentielles Sein" von A. H. Almaas begleiten uns durch diese Abende, Diamond Heart Book "Being and the Meaning of Life".

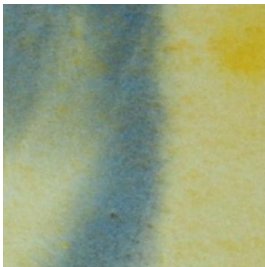


November 7 | Portland, Oregon

[Living a Spiritual Life While Engaged in the World](#)

Led by Anne Hoff

An evening looking at what it means to be "in the world but not of it," to have a spiritual life while also having a rich and meaningful life in the world.

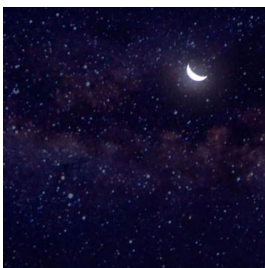


November 8 | Köln, Germany

[Köln Meditation](#)

Led by Christa Jonas and Oliver Schumann

Meditation ist eine verbreitete spirituelle Praxis zur Vertiefung von Gewahrsein. Auch im Diamond Approach gehört sie zu den Zugangswegen.



November 8 – 10 | Hamburg, Germany

[Hamburg November Wochenende](#)

Led by Gary Kaufhold and Philipp Hasselblatt

Wir suchen nach Sinn, nach Erfüllung, nach Freiheit, nach Ursprung, nach Integration. Wir wollen uns selbst, den Anderen und die Welt verstehen.



November 9 | Online

[Free Webinar – "Bringing the Books Alive!"](#)

Led by Laurie Wattell

We will be exploring another chapter from Diamond Heart Book One – "The Diamond Approach to the Work". What is this path and how would you know if it is the path for you?

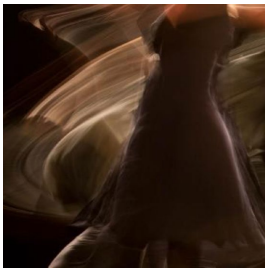


November 9 | Watertown, Massachusetts

[Red Essence – What If You Didn't Have to Keep Yourself Small?](#)

Led by Stephanie Kenen and Grant Trewenack

What would it be like to experience the vibrant, alive, expansive life force that is your birthright? Come and explore the experiential qualities of this fire-y aspect of presence, and its clear and courageous quality of being.

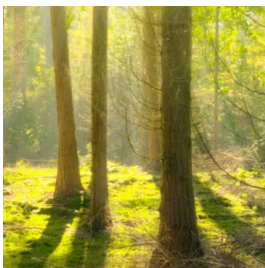


November 9 | Online

[Sacred Impulses: Experiencing Presence through Movement & Inquiry](#)

Led by Gregory Knight

We will use specific elements of the Five Movement practice, a method developed as part of the Diamond Approach teaching for exploring presence through movement.

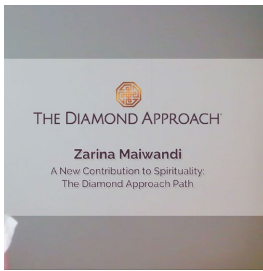


November 9 – February 22 | Online

[New Online Inquiry Group Series](#)

Led by Ilene Buchalter

Our online inquiry group welcomes new members, including those interested in the open Diamond Approach Florida group.



November 9 | Online

[A New Contribution to Spirituality: The Diamond Approach Path – Accepting What Is](#)

Led by Zarina Maiwandi

Join Diamond Approach teacher Zarina Maiwandi for a free webinar to learn more about this contemporary path to spiritual awakening and human maturity.



November 9 – 10 | Online

[Managing the Inner Critic: Appreciating the Parent You Are](#)

Led by Joyce Lyke

Through Joyce's gentle teaching and interactive exercises, you will learn to recognize what your internalized voices are saying and begin to dis-engage from them, bringing inner peace and joy to your parenting experience.

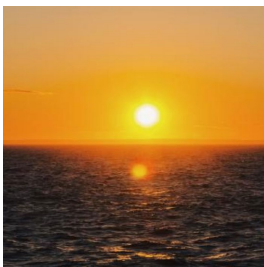


November 11 | Online

[Freedom to Discover: The Action of Love – Free Webinar](#)

Led by Gregory Knight and Gina Crago

The webinar will include a meditation, teaching, inquiry exercise, and discussion. It is a chance to meet the teachers and learn about this path of inner work and discovery.

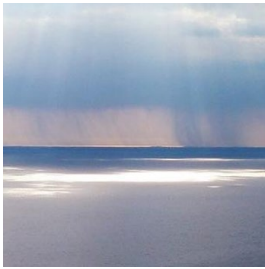


December 3 | Berlin, Germany

["Essentielles Sein – die Bedeutung des Lebens"](#)
[Buchgruppe](#)

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Selbsterkundung, Meditation und Texte aus dem Buch "Essentielles Sein" von A. H. Almaas begleiten uns durch diese Abende, Diamond Heart Book "Being and the Meaning of Life".



December 7 – 8 | Auburndale, Massachusetts

[Diamond Approach Boston 4 Weekend](#)

Led by Duncan Scribner

This group is open to new students. If you're interested in getting a taste of the Diamond Approach with a growing community of people, you are welcome to come.

[View more of our upcoming public events](#)

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 by clicking here](#).

Please consider forwarding this edition of the E-news to a friend or colleague.

Send your comments or questions to outreach@ridhwan.org

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