



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-week online course on dealing with the superego or inner critic.

[Watch the Video](#)



Meet the Teachers: Rosanne Annoni

I was seeing an acupuncturist who I had met at a Tai Chi class. She had been encouraging me to explore the Diamond Approach but I was not interested until she mentioned...

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Diamond Approach in the World: "Hou Ngahere"

Two Diamond Approach students restore the land in New Zealand

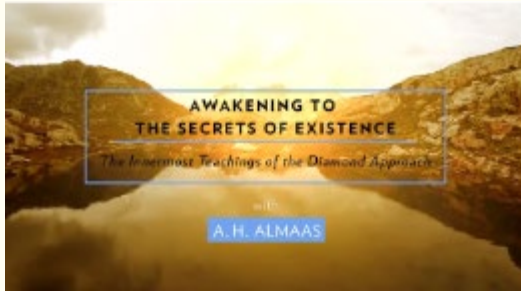
[Watch the Video](#)



Students Share: The Grace Within My Glitchy Hip

It was the sixth time in five years that I had moved. I lay crumpled on the edge of the old porch, unable to stand...

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Awakening to the Secrets of Existence

Explore the innermost teachings of the Diamond Approach with its founder A. H. Almaas in this online course in partnership with Shambhala Publications.

[Read More](#)



Soul Without Shame

Learn to work with your inner judge and self-judgment using principles of the Diamond Approach.

[Read More](#)

Upcoming Events

OCT
1

Personal Will: A Portal to Universal Will

📍 Houston, TX, USA

Do you have difficulty remaining steadfast to your commitments and wonder why? Join us as we explore access to Essential Will and how the Diamond Approach can support you in developing an effortless steadfastness to your commitments

OCT
3

Enneagramm "Die Leidenschaften und die Tugenden" Tages Seminar

📍 Berlin, Germany

Die innere Arbeit mit dem Enneagramm ist eine Form der spirituellen Praxis. Je tiefer wir im Transformationsprozess voranschreiten, erkennen wir auch die jeweilige Leidenschaft, die innere Haltung und die affektive Stimmung in uns.

OCT
10

"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.

OCT
11

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.

OCT
13-
15

The Lataif: Gateways to Essence, October Weekend

📍 Boulder, CO, USA

Join us for an exploration of the lataif and discover how this powerful teaching can deepen and enrich your daily life. This is a new group forming in the Boulder, CO, area and we are still open to new students joining us.

OCT
15

Ouder Worden, Oud Zijn

📍 Utrecht, Netherlands

Een verkenning in 10 zondagmiddagen. Wat roept ouder worden, oud zijn in

je op? Hoe ga je om met de veranderingen van je lichaam en geest? Welke impact hebben de beperkingen van de leeftijd, en welke rijkdom ervaar je in het ouder zijn? Het vorderen van de jaren is een vruchtbare voedingsbodem voor onderzoek.

OCT
21

The Foundations of Inquiry: One-Day Intensive

📍 Johannesburg, South Africa

A one-day, in-person intensive with optional online study and inquiry meetings, laying the foundations of the practice of inquiry in the Diamond Approach.

OCT
21

Be Prepared for Adventure

📍 Nijmegen, Netherlands  New group forming

If we don't assume that we already know where we are going life can be full of wonder, mystery, and fun. In this introduction day to the new ongoing Diamond Approach Weekend Group Netherlands (DAWN 2), we will give you a taste of the adventure of the journey.

OCT
20-
21

"The Path from Ego to Essence" - Retreat for New Ongoing Group

📍 Kensington, NSW, Australia  New group forming

In this three-day retreat we will continue our exploration of what blocks that natural development of our individual consciousness and how we can help ourselves open to our potential.

OCT
27-
29

Rising Up With Inquiry (online option)

📍 Toronto, ON, Canada

In this retreat, we begin an inner journey by unearthing three important internal essential qualities: courage, confidence, and truth.

OCT
27-
29

Engaging the Flow of the Universe: Effortless Steadfastness

📍 Dallas, TX, USA

What if steadfastness could be effortless, and responsive to what's unfolding?

Join us as we explore how to develop this sort of steadfastness to your commitments; what gets in the way, as well as the experience of effortless steadfastness as you go about your daily life.

OCT
28

The Foundations of Inquiry: One Day Intensive

📍 Cape Town, South Africa

A one-day, in-person intensive with optional online study and inquiry meetings, laying the foundations of the practice of inquiry in the Diamond Approach.

OCT
28-
29

Boston Diamond Approach 4 Group October Weekend

📍 Auburndale, MA, USA  New group forming

We are pleased to invite you to join Boston 4, a newly forming ongoing Diamond Approach group based in Newton, MA. Boston 4 is a long-term group that meets five weekends per year.

OCT
28-
29

Value: A Diamond Approach Perspective

📍 Amherst, MA, USA  New group forming

It is not unusual to consider what in life we value, or to question our own sense of value. Through the work of the Diamond Approach, we are opened to the reality of our very nature being value itself. This is an event for the newly forming Amherst group.

OCT
30

The Foundations of Inquiry: Online Study and Inquiry Group

📍 South Africa

Deepen your practice with a community of inquiry friends. Grow through understanding the barriers you each encounter. Inquiry meetings to practice inquiry with the direct guidance of a teacher.

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

California Diamond Heart 10 November Weekend

📍 Berkeley, CA, USA 👥 New group forming

This is an introductory event for the new Diamond Heart group, California Diamond Heart 10, now forming in the San Francisco Bay Area.

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

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

📍 Singapore

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.

More Events



Connect with us



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