



## THE DIAMOND APPROACH®

[Teacher Profile](#)

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### Be With Yourself the Way You Always Wish Somebody Would Be

Diamond Approach teacher Jeanne Rosenblum shares about how we can learn to be with ourselves as we are, present to our own unfolding selves.

Jeanne is one of the teachers for our upcoming course *Introduction to the Diamond Approach*. [Learn more about Jeanne and the course here.](#)

[Watch the Video](#)



## Meet the Teachers: Rob Merkx

I found the Diamond Approach through a good friend whose judgment I trusted. She went to one of the first retreats in Germany some 25 years ago. She experienced this retreat as very valuable and effective in providing tools for exploration. So I decided to check it out for myself. I was used to more dynamic and therapeutic ways of working with people ...

[Read More](#)



## Diamond Approach in the World: Being in Motion - Part Three

Linda Krier, Diamond Approach teacher, discusses how the Five Movements practice impacts people.

[Watch the Video](#)



## Students Share: A Steady Hand

We talked a handful of times  
But to the point  
There was a steady hand that backed  
him—no doubt many steady hands  
before  
He was in complete existence  
In the best of circumstances...

[Read More](#)



## New Groups Forming!

There are new Diamond Approach  
groups forming in many parts of the  
world. Click to see if there is a group near  
you.

[Learn More](#)



## Job Opportunity

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

[Learn More](#)



## Online Book Groups

Explore one of three Diamond Approach books and how they relate to your own life and experience.

**Groups start October 10.**

[Learn More](#)



## Introduction to the Diamond Approach

This online course supports you in opening new doorways to truth, compassion, and the deeper qualities of being that you long for.

**Starts October 14.**

[Learn More](#)



## Soul Without Shame

In this course Diamond Approach teacher Byron Brown draws from his book *Soul Without Shame: A Guide to Liberating*

*Yourself from the Judge Within* to help us begin to directly address our inner judge using principles of the Diamond Approach.

[Learn More](#)

## Upcoming Events

OCT-  
DEC  
1-10

### "Unfolding Now" Book Study Group

📍 Novato, CA, USA

This book study group will include both experiential exercises and discussion of the text with the intention of deepening your understanding of the Diamond Approach and the practice of inquiry.

OCT  
2

### In Pursuit of Happiness

📍 Carrollton, TX, USA  New group forming

Many of us spend a lot of our life pursuing the things that we think will give us happiness, like the perfect relationship, the right job, or the car of our dreams. What if happiness is an intrinsic part of our true nature?

OCT  
5

### Köln Meditation

📍 Köln, Germany

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

OCT  
5-7

### The Lataif: Gateways to Essence - Essential Strength

📍 Willard, WI, USA

This introduction to Essential Strength, an inner aliveness which connects us to our love of life, offers an experiential taste of the Diamond Approach with presentations, practices, inquiry, questions, and discussion.

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OCT  
5-7

### Hamburg Oktober 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.

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OCT  
6

### Inquiry: Compassionate Journey Home

📍 Tampa, FL, USA  New group forming

If you live anywhere in the Southeast U.S., please join us for this meeting of the newly forming Diamond Approach Florida group as we explore one of the essential aspects of our being—compassion.

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OCT-  
NOV  
6-25

### Bevægelsespraksis, meditation og inquiry

📍 Frederiksberg, Denmark

Disse 3 weekend dage er tænkt som en støtte og inspiration til vores daglige praksis for at udvikle vores tilstedeværelse og nærvær. Undervisningssprog er dansk.

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OCT-  
DEC  
7-10

### Online Book Groups

📍 Online

Explore one of three Diamond Approach books and how they relate to your own life and experience in a small group setting with a teacher.

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OCT  
9

### "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.

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OCT

### Colorado Diamond Heart 9 October Weekend

12-  
14

📍 Boulder, CO, USA  New group forming

Diamond Heart g 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.

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OCT  
13

### Freiheit und Liebe-ein Diamond Approach Tagesseminar in Hamburg

📍 Hamburg, Germany

Diese Tagesseminare dienen zum Kennenlernen der Arbeit der Ridhwan Schule, eine zeitgenössische Mysterienschule gegründet von A. H. Almaas, die sowohl Methoden der großen spirituellen Traditionen, wie auch die der modernen Psychologie benutzt.

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OCT  
14

### 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.

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OCT  
14

### "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.

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OCT-  
NOV  
14-  
18

### Introduction to the Diamond Approach

📍 Online

In this six-week, online course we will explore the contemporary spiritual path of the Diamond Approach. During the course we will see how our immediate experience—no matter what it is—can be either a barrier or a doorway to the depth of who and what we are.

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OCT  
15

### "Unfolding Now" Book Study Group

📍 Novato, CA, USA

This book study group will include both experiential exercises and discussion of the text with the intention of deepening your understanding of the Diamond Approach and the practice of inquiry.

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OCT  
18-  
22

### Solid Ground - A Five-Day Diamond Approach Retreat

📍 Kensington, NSW, Australia  New group forming

Everyone's looking for solid ground. With true will, we respond flexibly; we are decisive, resilient and unshakeably real. Join us for this experiential teaching on finding your true inner support.

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OCT  
19

### Forschungsreise ins Innere Universum-Buchgruppe

📍 Osnabrück, Germany  New group forming

Wir möchten Ihnen die Gelegenheit bieten, die spirituelle Praxis des Inquiry in einer Gruppe kennen zu lernen. Bei den Treffen wird es Raum geben, die Praxis des Inquiry zu üben, unsere persönlichen Erfahrungen zu teilen und unser Verstehen zu vertiefen.

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OCT  
26-  
28

### Living with True Spontaneity and Joy

📍 Houston, TX, USA  New group forming

In this weekend retreat, we will explore the nature of living with true spontaneity and joy, how it became blocked, and how to access it again. We will explore joy, lightness, playfulness, and spontaneity of the heart.

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OCT  
27-  
28

### Power and Peace - Diamond Approach Boston 4 Weekend

📍 Auburndale, MA, USA  New group forming

On this weekend we will address a quality of our nature which involves power and peace, qualities much needed to be understood in our modern world, but more importantly in our personal experience.

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OCT  
27

### California Diamond Heart 10: Will and Staying the Course

📍 Berkeley, CA, USA  New group forming



In the October daylong, we will explore the essential aspect of will which plays an important role in supporting us in our movement through our emotions, reactions, and beliefs to the deeper reality of our true nature.

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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.

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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.

[More Events](#)

[Find a Diamond Approach Group](#)

[Find a Diamond Approach Teacher](#)



Connect with us



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