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 ...

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

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

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.

Job Opportunity

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

"Unfolding Now" Book Study Group

Oct-Dec 1-10

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.

In Pursuit of Happiness

Oct 2

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?

Köln Meditation

Oct 5

Köln, Germany

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

The Lataif: Gateways to Essence - Essential Strength

Oct 5-7

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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<tr>
<th>Event</th>
<th>Date</th>
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<tr>
<td>Hamburg Oktober Wochenende</td>
<td>OCT 5-7</td>
<td>Hamburg, Germany</td>
<td>September 2017 began a new Diamond Approach group that meets every 5 weekends in Hamburg-Altona. New participants are invited throughout 2018.</td>
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<tr>
<td>Inquiry: Compassionate Journey Home</td>
<td>OCT 6</td>
<td>Tampa, FL, USA</td>
<td>If you live anywhere in the Southeast U.S., 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.</td>
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<tr>
<td>Bevægelsespraksis, meditation og inquiry</td>
<td>OCT-NOV 6-25</td>
<td>Frederiksberg, Denmark</td>
<td>These 3 weekend days are designed to support and inspire our daily practice to develop our presence and presence. The teaching language is Danish.</td>
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<tr>
<td>Online Book Groups</td>
<td>OCT-DEC 7-10</td>
<td>Online</td>
<td>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.</td>
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<tr>
<td>&quot;Das wirkliche Leben beginnt jetzt&quot; Buchgruppe Berlin</td>
<td>OCT 9</td>
<td>Berlin, Germany</td>
<td>We practice self-inquiry and meditation, guided by texts from the book &quot;das wirkliche Leben beginnt jetzt&quot; by A. H. Almaas.</td>
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<td>Colorado Diamond Heart 9 October Weekend</td>
<td>OCT</td>
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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.

**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.

**Meditations-und 5 Movement Gruppe in Berlin**

Berlin, Germany


**"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.

**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.
"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.

Solid Ground - A Five-Day Diamond Approach Retreat

Kensington, NSW, Australia

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.

Forschungsreise ins Innere Universum-Buchgruppe

Osnabrück, Germany

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.

Living with True Spontaneity and Joy

Houston, TX, USA

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.

Power and Peace - Diamond Approach Boston 4 Weekend

Auburndale, MA, USA

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.

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.

**Diamond Approach Ottawa: Inner Support**

📅 NOV 2-4  
📍 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.

**Inner Strength and Courage**

📅 NOV 3-4  
📍 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.

Find a Diamond Approach Group  
Find a Diamond Approach Teacher

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