



# DIAMOND APPROACH

Freedom means the freedom to express the qualities of our nature, the freedom to express our love, our joy, our kindness, our strength, our intelligence, our sensitivity.

*The Power of Divine Eros*  
A. H. Almaas



## A Teaching from Hameed

From *The Power of Divine Eros*, p.9

### *Meaning of Freedom*

*Our spiritual realization is more complete when we bring our realization, our presence, our compassion, our clarity and understanding into interaction with others. This includes how we talk with one another, how we respond, how we touch, how we allow ourselves to be touched, what we do and don't do and how and when we do it, so that our life with other people can express the inner freedom we have attained. True inner freedom is not abstract. Freedom means the freedom to express the qualities of our nature, the freedom to express our love, our joy, our kindness, our strength, our intelligence, our sensitivity. Freedom does not mean just that I feel light, happy, and free. That is wonderful, but it is only the beginning of inner freedom, of enlightenment, of realization. On the path of the Diamond Approach, realization is complete and mature when we experience the freedom of the realized condition in our functioning and relating. This is the actualized side of realization.*

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## Meet the Teachers

Johanna Holloman

### How did you find the Diamond Approach?

As a young psychologist from Germany I moved to the Esalen Institute in Big Sur, CA in 1990 to explore the human potential movement. In one of the Gestalt sessions I experienced what felt like a “hole” inside. Staying with associated feelings and sensations, I ended in a sense of immense joy. After the session my facilitator (who I later found out was a DA teacher in Training) referred me to Hameed’s chapter on a “Theory of Holes.” I could not believe how someone had articulated the exact process I had just gone through. I knew I had found my path!



[READ MORE>](#)

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## Diamond Approach GROUPS & EVENTS

### New Groups



### Boston 4 – Diamond Approach group

**October 15**

The Boston 4 Diamond Approach® group has been launched and is now accepting new students. [LEARN MORE>>](#)

### Netherlands - DAWN 2

**October 15**

“Cologne introductory day: “Waking to the Mystery of Reality.” We are going to explore how we can take the mystery of spiritual unfoldment into our daily functioning. [LEARN MORE>>](#)

### Colorado - DH9CO

**October 21**

“The Space to Be” - In this two weekend series we will discover the inner space that allows us to be who we really are. [LEARN MORE>>](#)

### California - DH10

**November 5 - 6**

California Diamond Heart 10, is now forming in the San Francisco Bay Area. [LEARN MORE>>](#)

And other groups forming: [LEARN MORE>>](#)

# Events

## **Oct 1 - The Inner Critic: The Essentials, Boulder, CO - USA**

Join us for this one day exploration of what the Inner Critic is, how it affects your spiritual work and simple strategies to free yourself. [LEARN MORE>>](#)

## **Oct 5 - Diamond Approach Five Movements Practice: Meditative Movement & Inquiry Watertown, MA - USA**

In this dynamic class, we will explore a movement practice that can awaken a sense of presence, bring a greater sense of balance and alignment, and help access inner depth in new and enriching ways. [LEARN MORE>>](#)

## **Oct 9 - The Art of Inquiry...innere Erkundung als spiritueller Weg, Berlin - GERMANY**

This is a group for those who are interested to learn about inquiry as spiritual practice. It is open for all, whether Ridhwan students or not. [LEARN MORE>>](#)

## **Oct 15 - Praxistage Köln, GERMANY**

Selbsterkundung / Inquiry als spirituelle Praxis, Meditation, Körperwahrnehmung und Texte aus dem Buch "das wirkliche Leben beginnt jetzt" von A.H.Almaas begleiten uns durch die Abende. [LEARN MORE>>](#)

## **Oct 18 - "Das wirkliche Leben beginnt jetzt" DA Buchgruppe Berlin, GERMANY**

Selbsterkundung / Inquiry als spirituelle Praxis, Meditation, Körperwahrnehmung und Texte aus dem Buch "das wirkliche Leben beginnt jetzt" von A.H.Almaas begleiten uns durch die Abende. [LEARN MORE>>](#)

## **Oct 21 - Essential Love Ottawa, CANADA**

Discovering this real Essential Love within has the potential of transforming our lives as it takes us on a journey beyond a search that has caused us so much suffering. [LEARN MORE>>](#)

## **Oct 29 - Inquiry: Doorway to Freedom Boulder, CO - USA**

Inquiry, the central practice of the Diamond Approach, offers a powerful, dynamic doorway to a spiritually freer life. [LEARN MORE>>](#)

## **Oct 29 - DAWID – Diamond Approach Wochenendgruppen in Deutschland Hamburg, GERMANY**

Der Diamond Approach ist ein zeitgenössischer spiritueller Weg, der auf diese Sehnsucht eingeht. Es werden sowohl Methoden der großen spirituellen Traditionen als auch der, der modernen Psychologie eingesetzt. [LEARN MORE>>](#)

**For more events/opportunities, visit our [CALENDAR here](#)**

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## The Spiritual Dimension of the Enneagram

**An Online Course with Sandra Maitri**  
4 October - 6 December

Cost: \$375

**Watch the first segment free! It is available [here](#).**

The Enneagram of Personality describes nine personality or ego types that arise as a result of loss of contact with our True Nature in early childhood. Through understanding the enneagram, we can develop a much clearer sense of what in ourselves is ultimately real and what is mechanical pattern. This allows detachment from the inner structures that separate us from our spiritual depths, and helps us develop more understanding and acceptance of ourselves and of others. [LEARN MORE>>](#)

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