



# THE DIAMOND APPROACH®

## October 2019 Newsletter

### The Enneagram



Enneagram expert and Diamond Approach teacher Sandra Maitri is leading a three-hour seminar Sunday, October 6, at 10:00am Pacific/ 1:00pm Eastern/ 7:00pm CEST.

In ["The Enneagram and the Diamond Approach"](#) Sandra will help you understand what inner transformation can look like for each of the nine ennea-types, adding clarity and power to your personal process and accelerating your self-understanding. She will explain the nine core distortions at the heart of the ennea-types, support you in identifying yours, and help you take the next step in your unique unfoldment, wherever you are on your path

## Meet a Ridhwan Teacher



[Meet Gary Kaufhold](#) who teaches a German-speaking retreat group.

Gary's next teaching event is November 8 - 10, 2019 [Hamburg November Wochenende](#).

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

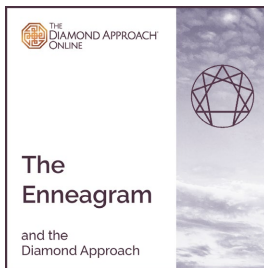


"What the Diamond Approach Means to Me" is a video series featuring teachers and students of the Ridhwan school sharing how the Diamond Approach teaching has transformed their lives.

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## Diamond Approach Online

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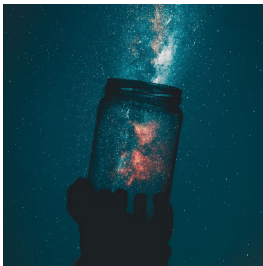
October 6 | Online

### [The Enneagram](#)

Teacher: Sandra Maitri

Learn about the Enneagram from Sandra, who studied this transformational system with Claudio Naranjo, M.D.

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Now enrolling | Online

### [Online Inquiry Groups](#)

Teacher: Varies depending on inquiry group

New online inquiry groups start October 1. Capped at 12 participants, your group is a supportive “landing pad” for growing your community and integrating spiritual understanding with practice at the deepest level.

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## Ways to Engage



October 4 – 6 | St. Petersburg, Florida

### [Steadfast Odyssey](#)

Led by Ilene Buchalter and Noell Goldberg

Diamond Approach Florida, a new open group, welcomes anyone living in the Southeast U.S. to join us for this potent teaching weekend. There will be talks evoking our depth, as well as meditation, and personal inquiry exploration.

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October 4 – 6 | Auckland, New Zealand

### [Foundational Pearl](#)

Led by Christine Dveirin

The Foundational Pearl weekend will be an exploration into what happens when we work through our story and historical content.

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October 4 – 6 | Willard, Wisconsin

### [Black Latifa: Essential Peace and Power](#)

Led by Jim Lockridge and Kara Vangen

Inner activation of the Black Latifa invites a sense of peace, stillness and power to the process of exploring and discovering our True Nature.

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October 7 | Berlin, Germany

### [Essentielle Befreiung – Der diamantene Weg des Herzens](#)

Led by Sarala Jungclaussen

In dem Buch "Essentielle Befreiung – Der diamantene Weg des Herzens" wurden Vorträge von A. H. Almaas zu wesentlichen Fragen des menschlichen Lebens und der inneren Suche zusammengestellt.

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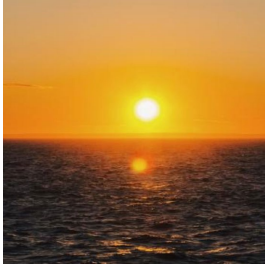
October 8 | Online

[Diamond Heart UK – Open online meeting](#)

Led by Dominic Liber and Zarina Maiwandi

This online meeting is for anyone interested in the new London group that is forming.

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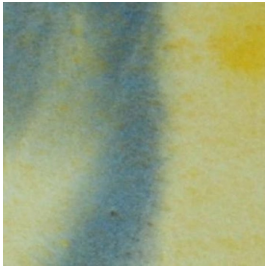
October 8 | Berlin, Germany

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

Led by Gisela Bast

Warum bin ich hier? Wohin gehe ich? Wer bin ich? Glück, Wertgefühl und Lust sind nicht das Ergebnis von irgendetwas. Diese Qualitäten sind Teil unserer grundlegenden Natur.

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October 11 | 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.

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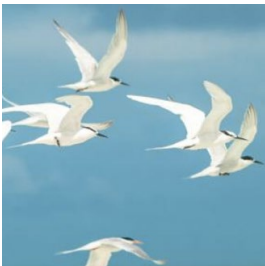
October 12 –13 | Wallingfor, Pennsylvania

[Igniting Love for What's Real](#)

Led by Gregory Knight and Gina Crago

What is it that fuels our motivation for truth? In this weekend retreat we will discuss and inquire into an inner Flame for Truth – what sparks our desire to search for deeper understanding, live with greater presence, and be more real.

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October 12 | New York, New York

[NYADA Day long teaching 2019](#)

Led by Allen Whiteman and Noell Goldberg

Throughout human history, our deepest spiritual longing

has been the desire to know the depth of Reality, whether we call it God, Truth, or Enlightenment.

In this daylong teaching, we will explore the natural human movement toward expansion and development, and the courage that is needed to align with this force.

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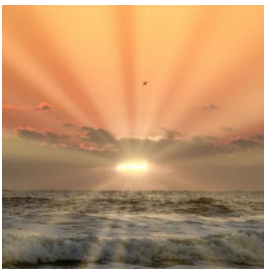
October 13 | Amsterdam, Netherlands

[De Rode draad in Inquiry](#)

Led by Kyo Verberk en Marko Rinck

De intentie van deze leergroep is het proces van open (zelf) onderzoek te verfijnen en de rode draad in je Inquiry te gaan herkennen.

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October 13 – 20 | Berkeley, California

[Diamond Heart Retreat Group 6 – 2019 October Retreat](#)

Led by Sandra Maitri, Joyce Lyke, Doriena Wolff, Jill Davey & Steve Waldrip

This is a newly forming group that meets twice a year for 7-day retreats. This is our second retreat meeting. The orientation of this group is the shifting over time of one's identity and sense of self from the personality or ego to one's deeper and ultimate nature—Being.

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October 15 | Boulder, Colorado

[Working with the inner critic – A five part series](#)

Led by Jeff Truesdall and Lyn Ciocca

In this 5-evening series beginning October 15 and continuing weekly, we will explore what the Inner Critic or Superego is, where it came from, and how it operates currently in our lives.

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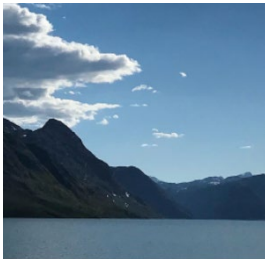
October 18 – 20 | London, United Kingdom

[Stop in the name of love](#)

Led by Tejo Jourdan, Dominic Liber & Zarina Maiwandi

In this weekend, we will begin finding the kindness for ourselves and the fire to confront the inner critic – that voice that says you shouldn't be where you are!

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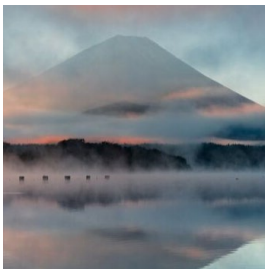
October 18 – 20 | Oslo, Norway

[Art of Inquiry: Essential Strength](#)

Led by Silvia Burkart and Odile van Eck

In this weekend we focus on Essential Strength. This quality helps us separate from old patterns and expand beyond whom we know ourselves to be

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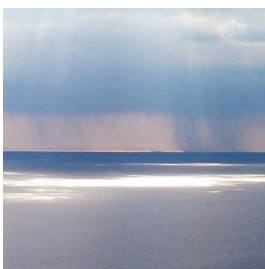
October 19 | Toyoko, Japan

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

Led by Anne Hoff

This is our first event in Japan, a free evening talk where you can experience a Diamond Approach teaching in a casual environment.

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October 19 – 20 | Auburndale, Massachusetts

[Diamond Approach Boston 4 Weekend](#)

Led by Duncan Scribner

This weekend we will explore some of the central repetitive structures which, when recognized, can loosen their grip and lead to greater awakening.

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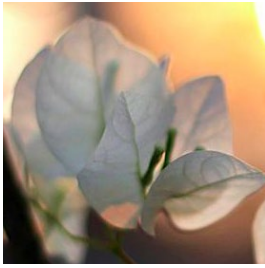


October 19 | Kassel, Germany

[Diamond Approach Praxistag](#)

Led by Christa Jones

Wir werden uns an diesem Tag den 5 Movements widmen und der Erforschung in Bewegung



October 25 – 27 | Copenhagen, Denmark

[The Art of Inquiry](#)

Led by Mette Ulsoe

In this weekend we will explore the practice of inquiry in the Diamond Approach. The workshop is meant for people who want to learn to inquire as well as for people who want to deepen their skills.



October 25 – 27 | Richardson, Texas

[True Power and Peace](#)

Led by Annette Anderson and Chuck Anderson

Power is the stilling power of peace; the power to be oneself, which is the power to be. What stands in the way of experiencing true power and how do you address it?



October 27 | Berlin, Germany

[Meditations –und 5 Movement Gruppe in Berlin](#)

Led by Sarala Jungclaussen

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

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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](mailto:outreach@ridhwan.org)

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