



# DIAMOND APPROACH



We are true reality communing with itself,  
and we are fundamentally the essence of  
reality expressing itself as you, me, and all others.

## A Teaching from Hameed From Runaway Realization

*"One way I understand what we are doing together is that you are reading and I am writing as an expression of our shared interest in and love of the truth. As I see it, when our love of the truth becomes total, we cannot help but follow where reality leads. Reality itself begins to live our life in all of its daily expressions. Our life can become an endless revelation of reality, an adventure with neither beginning nor end."*

[READ MORE>>](#)

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## Meet the Teachers

John Davis



### How did you find the Diamond Approach?

In my mid-twenties, I was trying out many different systems of personal and spiritual growth and enjoying it immensely. The search was enlivening to me, and I appreciated the growth and expansion I was experiencing. I heard from an acquaintance about Hameed and a 3-month “emotional housecleaning” process he was offering, and it sounded like it might be useful. I felt some healing and opening from it, and although I expected to move on to the next thing, I found something in his presence that got my attention in a new way.

[READ MORE>](#)

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## Diamond Approach GROUPS & EVENTS

### New Groups



### Upper Midwest Diamond Approach Group III

**September 1**

A new Diamond Approach Group has started in the Upper Midwest Region and it is currently open and growing. [LEARN MORE>>](#)

### Boston 4 – Diamond Approach group

**September 10**

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

### Diamond Approach Seattle 3 – DAS3

**September 16**

The newly forming, on-going Diamond Approach group based in Seattle, open to students throughout the Pacific Northwest. [LEARN MORE>>](#)

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

## Events

### Sept 3 -4 - The Pleasure of Being. A Diamond Approach Weekend in Amsterdam, Netherlands

In this weekend we will use meditation and open-ended inquiry into our moment-to-moment experience oriented by a love for truth. [LEARN MORE>>](#)

### Sept 6 - “Das wirkliche Leben beginnt jetzt” D A 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>>](#)

**Sept 9 - On Being Human—Exploring the Essence of Our Humanity, Chester, CT - USA**

Embracing our humanness means including our limitations and shortcomings as well as our endless, unfathomable potential. [LEARN MORE>>](#)

**Sept 10 - Race and Ridhwan: A Full Day of Inquiry Berkeley, CA - USA**

Continuing and deepening the conversation about how we come to understand the impact of racism on our souls. [LEARN MORE>>](#)

**Sept 19 - What Is Consciousness? Boulder, CO - USA**

We will explore the nature of the Soul as a living, aware consciousness, both as it expresses itself in human life, and fulfills its potential for spiritual realization. [LEARN MORE>>](#)

**Sept 26 - Quasar 2016 Sydney, Australia**


We will use the illuminating precision of diamond knowledge and richness of heart to journey into the mystery of the land of truth. [LEARN MORE>>](#)

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

The Inner Critic is a persistent obstacle we encounter on the spiritual path. 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>>](#)

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

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DIAMOND APPROACH ONLINE PRESENTS

**Life Transitions as  
Doorways to Transformation**

*Engaging the wisdom of the  
Diamond Approach to welcome change*

—

A SIX-PART ONLINE COURSE  
WITH JOHN DAVIS

September 12 - October 5, 2016

Through our life transitions, we develop, mature, and transform. Whether predictable or unexpected, positive or negative – even tragic, they are inevitable and often difficult and confusing. However, we can discover the capacity for a positive relationship to our changes and find the gold that can be mined from them. [LEARN MORE>>](#)

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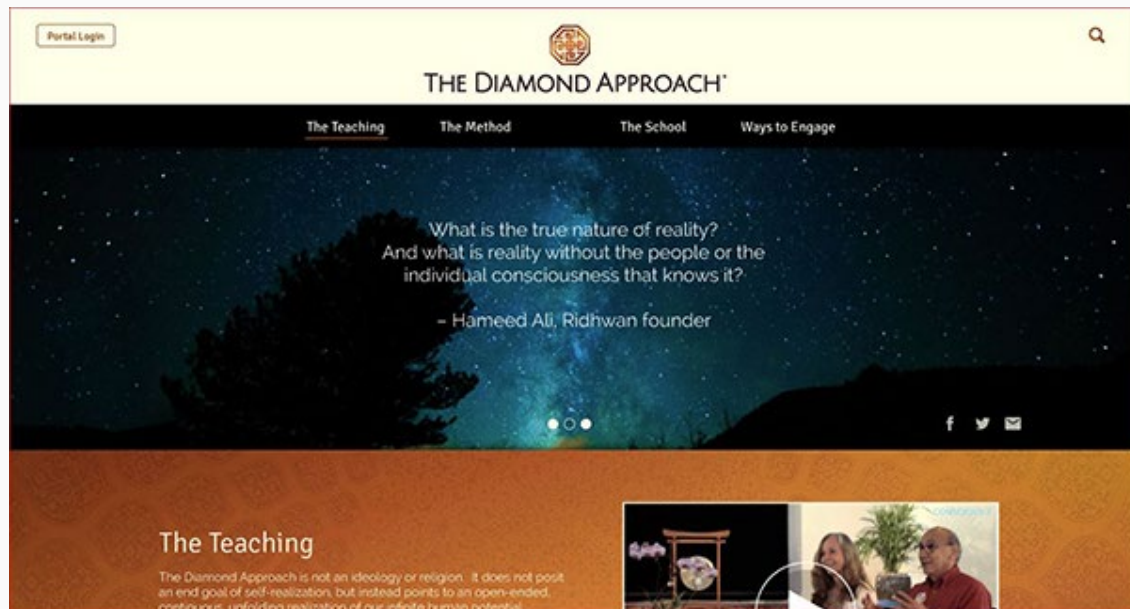


## The Spiritual Dimension of the Enneagram

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

Cost: \$290 (until 9/4) then \$375

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>>](#)



## COMING SOON!

### A NEW DIAMONDAPPROACH.ORG WEBSITE

First came Diamond Approach Online, bringing live, introductory teachings online. Coming next is a new, modern Diamond Approach website designed to provide a taste of this path to those who visit. The site will both communicate and reflect the clarity, intelligence and beauty of the teachings. It will make the Diamond Approach available to a much wider community, both in age and geography.

You can expect to see:

- Videos, articles and other material that clearly articulate the teaching and method of the

Diamond Approach in ways that speak to hearts and to minds

- Videos and articles that distinguish what is unique about the Diamond Approach.
- Pages that allow people to easily find teachers, groups and events addressing their interests.
- Access to Diamond Approach Online programs.
- An easy way of finding in-person events and groups in your area and, over time, in languages other than English.
- Blogs, searchable resources, and online registration and payments.
- Ways to find fellow students for inquiry, our primary practice.

We look forward to showing you the new site soon - stay tuned for more details...



The newly formed *Friends of Diamond Heart (FDH)* is responsible for providing students and others who love the Teaching with opportunities to support its manifestation and unfoldment in the world.

**To this end, FDH has updated its website, offering additional materials for those interested in supporting the Teaching:**

- Planned Giving Materials – A number of students and friends have requested more information on naming the School as a beneficiary in their wills and their retirement accounts. Some have asked about more complex planned giving methods.
- **An Explanation of “Charitable Support and the Diamond Approach”** – This flyer helps to explain the needs of the School in response to the recent growth of interest in the Teaching, as well as funding priorities and current limitations.

These materials can be found in the new [Materials section](#) of the website ([www.friendsofdiamondheart.org](http://www.friendsofdiamondheart.org)). In addition, planned giving and other giving materials can be found by [clicking here](#).

