



THE DIAMOND APPROACH®

A Teaching

Goodness Within Discord

In this video clip, A. H. Almaas addresses the present world situation from the perspective of how goodness appears within discord. He discusses how nondual perfection is relevant to discord and our present difficulties, as well as how selfless goodness relates to this reality.



Meet the Teachers

Elsa Teeuwen



How did you find the Diamond Approach?

I happened to watch a video in 1993 where Hameed Ali (Diamond Approach founder) was doing a demonstration of inquiry. Back then the only method I knew to explore one's experience in a way that came close to inquiry was Eugene Gendlin's technique of Focusing. I was trying to learn this technique by myself with no other guidance than Gendlin's book, so it was thrilling and very inspirational to see Hameed do an inquiry. I got the full transmission of his unstoppable curiosity and the precise way Diamond Guidance was working, just by seeing this short demo. Half a year or so later a friend showed me a book by Almaas and I remember thinking when I started reading this book by Almaas that it reminded me of something that had touched me in watching the video of Hameed Ali. Then I found out that both were one and the same person. I joined the first European Diamond Approach group in 1994 and met Hameed in 1995 during his first visit to our European group. [READ MORE>>](#)

Diamond Approach Groups & Events

New Groups



Sept 2 - Be Prepared for Adventure Amsterdam, Netherlands

An introduction day to the new ongoing Diamond Approach Weekend Group Netherlands (DAWN 2) we will explore how we can prepare ourselves for the adventure of exploring and discovering our nature and the nature of everything else. [LEARN MORE>>](#)

Sept 8-11 - Diamond Approach Hawaii Group 4 Weekend Wailuku, HI - USA

This weekend group on Maui is open to new students and those wanting to learn about the essential aspect that includes strength, clarity, vitality, and courage. [LEARN MORE>>](#)

Sept 10 - Personal Will: A Portal to Universal Will Fort Worth, TX - USA

In this introductory event for the Gulf Coast Diamond Approach group, we will explore access to Essential Will and how the Diamond Approach can support you in developing an effortless steadfastness to your commitments. [LEARN MORE>>](#)

Sept 14 - A Diamond Approach Open House: "Showing Up for Your Life" Ann Arbor, MI - USA

This open house will introduce the Diamond Approach with meditation, a short talk, and some personal inquiry as well as opportunities for joining the ongoing Toronto group. [LEARN MORE>>](#)

Sept 15-17 - Cascadia Diamond Approach Retreat Seattle, WA - USA

We are pleased to invite you to a newly forming on-going Diamond Approach group (CASC3) open to students throughout the Pacific Northwest. [LEARN MORE>>](#)

Sept 16-17 - Value: A Diamond Approach Perspective Amherst, MA - USA

In this weekend event for the newly forming Amherst group we will explore the nature of value and our inner resistances, in order to reveal our inherent preciousness and value. [LEARN MORE>>](#)

Sept 17 - Personal Will: A Portal to Universal Will Dallas, TX - USA

In this introductory event for the Gulf Coast Diamond Approach group, we will explore access to Essential Will and how the Diamond Approach can support you in developing an effortless steadfastness to your commitments. [LEARN MORE>>](#)

Sept 19-20 - The Flame for Truth: Two-Day Introduction to the Diamond Approach in Singapore Republic of Singapore

We invite you to a two-day introduction in Singapore. In these two days we will focus on your inner flame for truth—what limits this flame and how we can support its expansion and deepening. [LEARN MORE>>](#)

Sept 22-29 - Ridhwan auf Deutsch 2 (RAD 2) Shoental, Germany

8 Jahre, nachdem die erste Ridhwan-auf-Deutsch Gruppe zusammenkam (RAD), beginnt eine neue fortlaufende Gruppe in deutscher Sprache. [LEARN MORE>>](#)

Sept 23-24 - California Diamond Heart 10 September Weekend: Deepening Into Authenticity Berkeley, CA - USA

In this introductory weekend, we will explore how the Diamond Approach can help us value the totality of our inner experience, honoring and exploring each layer. [LEARN MORE>>](#)

Sept 23-24 - Boston Diamond Approach 4 Group September Weekend Auburndale, MA - USA

We are pleased to invite you to join a newly forming, on-going Diamond Approach group (Boston 4) based in Newton, MA. [LEARN MORE>>](#)

Sept 29-Oct 1 - Diamond Approach Wochenendgruppe in Deutschland (DAWID Hamburg) Hamburg, Germany

Die fortlaufende Gruppe findet 5 x im Jahr in Hamburg. [LEARN MORE>>](#)

Sept 30 - Diamond Approach Weekend Group Netherlands (DAWN) September Weekend Nijmegen, Netherlands

Diamond Approach Weekend Group Netherlands (DAWN2) is now forming and will meet on four long weekends a year. [LEARN MORE>>](#)

Oct 1 - Personal Will: A Portal to Universal Will Houston, TX - USA

In this introductory event for the Gulf Coast Diamond Approach group, we will explore access to Essential Will and how the Diamond Approach can support you in developing an effortless steadfastness to your commitments. [LEARN MORE>>](#)

Oct 13 - The Lataif: Gateways to Essence, October Weekend Boulder, CO - USA

Join us for an exploration of the Lataif and discover how this powerful teaching can deepen and enrich your daily life. This is a new group forming in the Boulder, CO area. [LEARN MORE>>](#)

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

Events



Sept 1 - Köln Meditationsgruppe Köln, Germany

Einmal im Monat sind alle Interessierten zu einem Treffen eingeladen, zusammen unter Anleitung eines Diamond-Approach-Lehrers zu meditieren. [LEARN MORE>>](#)

Sept 1-3 - The Power of Peace Benefit Retreat Berkeley, CA - USA

Seldom is it suggested that we simply turn and face our fears and negativity—to see their root cause. In this weekend we want to explore how identifying with these feelings separates us from our deeper nature which is peace itself. [LEARN MORE>>](#)

Sept 2 - Praxistage Köln, Germany

An diesem Praxistag werden wir uns der Erforschung / Inquiry widmen. Wie bei den Praxistagen zuvor sind alle Interessierten eingeladen, unabhängig davon ob sie RidhwanstudentInnen sind oder nicht. [LEARN MORE>>](#)

Sept 3, 10, 17 - The Two Hands of Inquiry London, UK

The practice of Inquiry in the Diamond Approach is a dance between two capacities: to recognise what is significant in your experience in the moment and to question your experience to invite it to open up. [LEARN MORE>>](#)

Sept 5 - “Das wirkliche Leben beginnt jetzt” Diamond Approach Buchgruppe Berlin, Germany

Wir leben in einer Welt voller Geheimnisse, Wunder und Schönheit. In unserem Leben sind wir durch Leiden und Unzufriedenheit oft innerlich unfrei und schöpfen unser menschliches Potenzial nicht voll aus. Alle Qualitäten, die wir im Außen suchen, sind Aspekte unseres Wesens. [LEARN MORE>>](#)

Sept 12 - Cultivating the ‘Now’ in Everyday Life Seattle, WA - USA

This 4-evening class introduces meditation and inquiry practices that support ‘being in the now’. We will introduce formal practices, as well as quick go-to methods that can be used through the day to develop consistent presence and mindfulness in everyday life. [LEARN MORE>>](#)

Sept 13 - Doorgaande Inquiry Groep Hilversum, Netherlands

Inquiry, een vorm van zelfonderzoek, is de centrale beoefening in de Diamond Approach. Het is een elegante en krachtige methode om de dieptes van je ziel te verkennen. Het doen van inquiry geeft je een heel precieze en persoonlijke afstemming op jouw spirituele ontwikkeling. [LEARN MORE>>](#)

Sept 16 - Essential Perception: Portal to Liberation Boulder, CO - USA

From the perspective of the Diamond Approach, our perceptual capacity is a doorway to knowing who we really are. When we drop into essential perception, the whole realm of our sensory experience can open and deepen. [LEARN MORE>>](#)

Sept 16 - "Vulnerability and Opening to our Truest Nature" with Jill Davey Sydney, Australia (online)

This webinar will explore why we feel we need to defend and how through allowing our vulnerability, we can open to more of who and what we truly are. [LEARN MORE>>](#)

Sept 23 - Free Yourself from the Inner Critic Seattle, WA - USA

This two-day class covers the basics of understanding the inner critic and how to begin to free yourself so that your personal potential can begin to flourish. [LEARN MORE>>](#)

Sept 23 - Jouw Kleur-Rijk Leven! Oudenaarde, Belgium

A three-session book group and exploration of The Unfolding Now by A. H. Almaas. [LEARN MORE>>](#)

Sept 23-24 - Heart of Life – Courageous Heart Rotterdam, Netherlands

This introductory weekend explores the courageous heart--the strength and courage to follow how life is changing, unfolding and optimizing--through the central practices of the Diamond Approach. [LEARN MORE>>](#)

Sept 24 - Ouder Worden, Oud Zijn Utrecht, Netherlands

Wat roept ouder worden, oud zijn in je op? Hoe ga je om met de veranderingen van je lichaam en geest? Welke impact hebben de beperkingen van de leeftijd, en welke rijkdom ervaar je in het ouder zijn? [LEARN MORE>>](#)

Sept 25 - Women of Essence Dance Night Berkeley, CA - USA

All current and interested Diamond Approach females are invited to join us for a women's dance night exploring our fuller embodiment as women. [LEARN MORE>>](#)

Sept 29 - Köln Meditationsgruppe Köln, Germany

Einmal im Monat sind alle Interessierten zu einem Treffen eingeladen, zusammen unter Anleitung eines Diamond-Approach-Lehrers zu meditieren. [LEARN MORE>>](#)

Oct 3 - Enneagramm “Die Leidenschaften und die Tugenden” Tages Seminar Berlin, Germany

Die innere Arbeit mit dem Enneagramm ist eine Form der spirituellen Praxis. Je tiefer wir im Transformationsprozess voranschreiten, erkennen wir auch die jeweilige Leidenschaft, die innere Haltung und die affektive Stimmung in uns. [LEARN MORE>>](#)

Oct 11 - Doorgaande Inquiry Groep Hilversum, Netherlands

Inquiry, een vorm van zelfonderzoek, is de centrale beoefening in de Diamond Approach. Het is een elegante en krachtige methode om de dieptes van je ziel te verkennen. Het doen van inquiry geeft je een heel precieze en persoonlijke afstemming op jouw spirituele ontwikkeling. [LEARN MORE>>](#)

Oct 14 - Logos of Money Berkeley, CA - USA

In this two-day workshop, we will explore the nature of money and inquire into people's relationship to it including beliefs, attitudes, patterns, and history in order to bring awareness to your obscurations around it. [LEARN MORE>>](#)

For more events/opportunities, visit our [CALENDAR HERE>>](#)



Coming Soon

"Awakening to the Secrets of Existence: The Innermost Teachings of the Diamond Approach" - a 6-week online course with A. H. Almaas (Hameed Ali) based on his book, *Alchemy of Freedom: The Philosophers' Stone and the Secrets of Existence*, co-presented with Shambhala Publications - to be released September 12, 2017.

Soul Without Shame



In this new **6-week online course starting in October**, 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.

Through embodied awareness and open-ended inquiry,

we will learn to recognize and confront the assumptions and principles that keep self-judgment in place.

We will cultivate aspects of our true nature that can act as antidotes to self-judgment: awareness, compassion, and strength. Most important, we will practice disengaging from the judgment process through understanding and deliberate action.

The 6-week course costs \$289. [Click here to learn more and to register>>](#)



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