



THE DIAMOND APPROACH®

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The Discovery of Ridhwan

Karen Johnson describes the discovery and the experience of the phenomenology of the aspect of ridhwan on this path, the origin of the name of the school, the Ridhwan School.

[Watch the Video](#)



Meet the Teachers: Dorothy Landry

I first discovered the Diamond Approach through A. H. Almaas's books. I had been studying and teaching the Enneagram for several years when my search for its deep spiritual connection was finally satisfied in *Facets of Unity: The Enneagram of Holy Ideas*. As I read more Almaas books, I became increasingly aware...

[Read More](#)



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

Linda Krier, Diamond Approach teacher, discusses how the Five Movements practice came about, what it does, and how it relates to other Diamond Approach practices.

[Watch the Video](#)



Students Share: The Boat as Teacher

Recently, upon waking, I have been aware of an unnamed anxiety. A low-level turbulence is present that rocks my soul, bringing a shudder just as I rise out of sleep, but before full consciousness ...

[Read More](#)



Quasar 2018: Spirituality in a Fractured World

This seminar is a rare opportunity to spend five days with Diamond Approach founders A. H. Almaas and Karen Johnson. It is open to all; no prior experience is required.

September 22-26, 2018

Berkeley, CA, USA

[Learn More](#)



Employment Opportunities

Please help us share these openings.

- Bookkeeper/Payroll Associate
- Online Event Hosts

[Learn More](#)

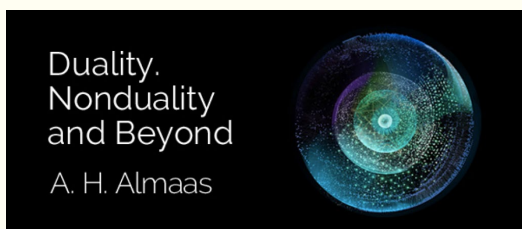


Online Inquiry Groups

What's happening for you right now?
Learn to explore your own experience
and uncover your essential self.

Groups start September 9.

[Learn More](#)



Webinars Series with A. H. Almaas

Explore duality, nonduality, and beyond
duality in a series of three webinars with
A. H. Almaas, hosted in partnership with
Science and Nonduality (SAND).

September 14, 15, 16.

[Learn More](#)

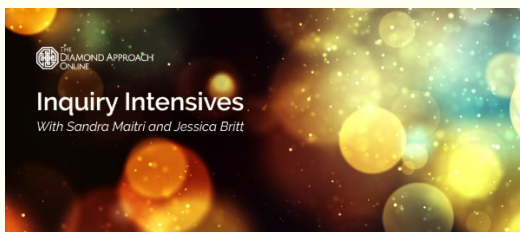


Online Book Groups

Explore one of three Diamond Approach books and how they relate to your own life and experience.

Groups start **October 10**.

[Learn More](#)



Inquiry Intensives

In case you missed them, you can still purchase recordings of the Inquiry Intensives with Sandra Maitri and Jessica Britt.

Upcoming Events

SEPT
1-2

[The Power of Love Benefit Retreat](#)

📍 Berkeley, CA, USA

This weekend we will explore the heart's relationship to, and understanding of, love. We'll examine the qualities that nourishes heartfulness and examine what blocks or reveals the openness, acceptance, joy, pleasure and realness that are part of our heartfulness—our loving nature.

SEPT
4

["Das wirkliche Leben beginnt jetzt" Buchgruppe Berlin](#)

📍 Berlin, Germany

Wir praktizieren Selbsterkundung und Meditation, dabei begleiten uns Texte aus dem Buch "das wirkliche Leben beginnt jetzt" A. H. Almaas.

SEPT
7-9

Seattle - September 2018 Weekend

📍 Seattle, WA, USA  New group forming

We are pleased to invite you to join Cascadia Diamond Approach 4 (CASC4), a newly forming on-going Diamond Approach group based in Seattle, open to students throughout the Pacific Northwest.

SEPT
7

Köln Meditation

📍 Köln, Germany

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

SEPT
8-9

Heart of Life, de subtiële kracht van onze ware natuur

📍 Rotterdam, Netherlands

De weekends zijn in het Nederlands en bedoeld voor mensen die kennis willen maken met de Diamond Approach

SEPT-
OCT
9-31

Online Inquiry Groups

📍 Online

We invite you to deepen your personal experience of inquiry by participating in an Online Inquiry Group within a small group of up to 12 participants, in addition to the guidance of a Diamond Approach teacher.

SEPT
9

In Pursuit of Happiness

📍 Ft. Worth, 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?

SEPT
14

Forschungsreise ins Innere Universum-Buchgruppe

📍 Osnabrück, Germany

Zur Vorbereitung auf jedes Treffen dient ein ausgewähltes Kapitel aus dem

Buch *Forschungsreise ins innere Universum* von A. H. Almaas, das von den Teilnehmern im voraus gelesen wird.

SEPT
14-
15

The Mind of Being

📍 Amherst, MA, USA  New group forming

How can not-knowing be the portal to true knowing? Using the method of personal inquiry we engage in an exploration of what it means to experience the mind of Being.

SEPT
14-
16

Webinar Series with A. H. Almaas: Duality, Nonduality, and Beyond

📍 Online

It has become common to think of awakening in terms of nonduality, the inseparability of all forms from each other. However, this can limit the potential that we all have. Explore more possibilities for spiritual experience and awakening in this webinar series.

SEPT-
OCT
15-
20

Inquiry Group Online Series

📍 Online & Florida, USA  New group forming

Please join us as we meet for four weeks via Zoom videoconferencing. Returning and new members are very welcome to attend!

SEPT
15-
16

California Diamond Heart 10: Compassion and the Way of Truth

📍 Berkeley, CA, USA  New group forming

In this weekend we will explore how the essential quality of Compassion enables us to be with the truth of our experience and arises most explicitly when we are encountering painful challenges.

SEPT-
NOV
15-
24

Inquiry: The Heart of Personal Discovery

📍 Cornwall, NY, USA

In this 6-week course, we will learn to look at our experience with fresh eyes. So much of what we are capable of sensing and knowing is hidden from us by

our habitual ways of thinking about ourselves and the world.

SEPT
16

In Pursuit of Happiness

📍 Houston, 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?

SEPT
22-
23

Essential Joy - Diamond Approach Boston 4 Weekend

📍 Auburndale, MA, USA  New group forming

This weekend, we will continue our explorations of the Yellow aspect of essence, which brings joy and lightness, as well as curiosity, spontaneity and playfulness.

SEPT
22-
26

Quasar 2018: Spirituality in a Fractured World

📍 Berkeley, CA, USA

This 5-day retreat with Diamond Approach founders A. H. Almaas and Karen Johnson will investigate how spiritual qualities help us live a meaningful life that expresses the joy and truth of the invisible world and at the same time serve humanity in today's shifting and challenging situations.

SEPT
22

Praxistag

📍 Köln, Germany

Wir benutzen verschiedene Formen der Praxis, als Führung, Orientierung und Unterstützung, um unsere wahre Natur / unser Sein ... zu verkörpern ... zu verstehen ... in die Welt zu tragen.

SEPT-
APR
22-
13

Van geleefd worden naar leven: een cursus van 10 zaterdagen

📍 Utrecht, Netherlands

De innerlijke criticus heeft als taak om onze identiteit te bewaken en voort te zetten. Willen we werkelijk ontdekken wie we echt zijn en dit in ons leven tot bloei laten komen dan zullen we ons van de invloed van de innerlijke criticus moeten bevrijden.

SEPT
29

Inquiry: Compassionate Journey Home

📍 Denver, CO, USA

Inquiry offers a doorway to our true home. The loving kindness and attunement of compassion allows our inquiry to address exactly where our heart is, allowing us to open to our depth.

SEPT-
DEC
30-9

Meditations -und 5 Movement Gruppe in Berlin

📍 Berlin, Germany

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.

OCT-
DEC
1-10

"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.

OCT
2

In Pursuit of Happiness

📍 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?

OCT
5-7

The Lataif: Gateways to Essence - Essential Strength

📍 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.

OCT
6

Inquiry: Compassionate Journey Home

📍 Tampa, FL, USA 👥 [New group forming](#)

If you live anywhere in the Southeast U.S., please 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.

OCT-
NOV
6-25

Bevægelsespraksis, meditation og inquiry

📍 Frederiksberg, Denmark

This is a group for those who are interested in learning about inquiry as spiritual practice. It is open for all, whether Ridhwan students or not. The group will be taught in German.

[More Events](#)

[Find a Diamond Approach Group](#)

[Find a Diamond Approach Teacher](#)



Connect with us



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