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
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...
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 ...

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

Employment Opportunities

Please help us share these openings.

- Bookkeeper/Payroll Associate
- Online Event Hosts
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

**The Power of Love Benefit Retreat**

| SEPT 1-2 | 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.

"Das wirkliche Leben beginnt jetzt" Buchgruppe Berlin

| SEPT 4 | Berlin, Germany |

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

Köln Meditation

📍 Köln, Germany

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

Heart of Life, de subtiele 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

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.

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?

Forschungsreise ins Innere Universum-Buchgruppe

📍 Osnabrück, Germany

Zur Vorbereitung auf jedes Treffen dient ein ausgewähltes Kapitel aus dem
**The Mind of Being**

**Location:** Amherst, MA, USA  
**Status:** 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.

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

**Location:** 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.

**Inquiry Group Online Series**

**Location:** Online & Florida, USA  
**Status:** New group forming

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

**California Diamond Heart 10: Compassion and the Way of Truth**

**Location:** Berkeley, CA, USA  
**Status:** 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.

**Inquiry: The Heart of Personal Discovery**

**Location:** 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
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?

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.

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.

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.

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.
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.

Meditations -und 5 Movement Gruppe in Berlin

Berlin, Germany


"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.

In Pursuit of Happiness

Carrollton, TX, USA

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?

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.
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.

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.