



# DIAMOND APPROACH OTTAWA MONTREAL

## BOOK STUDY GROUP: THE UNFOLDING NOW

Please join us for a book study group on « *The Unfolding Now* » by A.H. Almaas (Hameed Ali), founder of the Diamond Approach.

The keys to self-knowledge and deep contentment are right here before us in this very moment - if we can simply learn to live with open awareness. « *The Unfolding Now* » presents a marvelously effective practice for developing the transformative quality of presence through a particular method of self-observation and contemplative exploration that A.H. Almaas calls “Inquiry”.

This book group will include meditation, experiential exercises and study of the text to learn how to welcome with curiosity and compassion whatever we are experiencing including the many obstacles that keep us from being present such as defensiveness, ignorance, desire, aggression and self-hatred.

**DATES:** January 17 and 31, February 14 and 28, March 14 and 28, April 11, 2021

**TIME:** 4:00 pm east time

**LOCATION:** Online

**COST:** \$175 US for 7 meetings

**TEACHERS:** Eme Le Cavalier, Padma Roy and Shah Allard.

**INFORMATION/REGISTRATION:** [emelecavalier@gmail.com](mailto:emelecavalier@gmail.com) - [padmasylviedha@aol.com](mailto:padmasylviedha@aol.com)

The book « *The Unfolding Now* » is available on Amazon (\$17 US)

*Please feel free to invite friends and family members to explore this gentle way of dipping into the Work.*

### DIAMOND APPROACH OTTAWA MONTRÉAL

Retreat group:

We are the supporting teachers for the newly forming Diamond Approach Ottawa Montreal group. The group is open to people interested in exploring this teaching. We welcome you to join the ongoing retreats, upcoming dates:

2020: Oct 28 to Nov 1st.

2021: Feb 5,6 & 7, April 14 to 18, June 23 to 27, Sept 22 to 26.

\*For more info on DAOM, please contact:  
Lisa Barrett at [2simplybeing@gmail.com](mailto:2simplybeing@gmail.com)

