

The Diamond Approach®

# Meditation and Inquiry Retreat

Compassion on the Spiritual Path-----April 5, 6 &7, 2019

Apr 5; 6:00pm to 9pm/ Apr 6; 9am to 5pm/ Apr 7; 9am to Noon

1923 Geddes Ave, Ann Arbor, Michigan

THE DIAMOND APPROACH, DEVELOPED BY A. H. ALMAAS  
USES THE FINDINGS OF MODERN PSYCHOLOGY AND THE  
ANCIENT WISDOM TRADITIONS TO SUPPORT A RETURN TO  
ESSENCE, OR OUR TRUE NATURE

This will be a time of **relaxing into the silence** in meditation and exploring ourselves in personal inquiry. These work together to support a **return to our authentic selves**. The retreat theme will be **compassion** for self and others. It is a wonderful opportunity to **explore the Diamond Approach** whose aim is to discover the **deepest truth** of what it means to be human. **Come change your life.**

The retreat will be taught by Sue Moen and Lou Weir. Sue is from Santa Cruz, Ca. and Lou is from Ann Arbor, Mi.

Both are certified Diamond Approach teachers.

*“Deep work inevitably brings up powerful and painful experiences. . .I have been stunned at the insights the teachers have led me to”.*

~Student, Ann Arbor

*“Almaas is one of the most significant voices for a new and remarkably integrated spiritual vision. His work combines the personal, the universal, the psychological and the spiritual... I respect his work to the highest degree...”*

~Jack Kornfield

What to expect: we will have meditations, talks, and a chance to practice inquiry, one of the foundations of our practice. A vegetarian lunch will be included on Saturday. Cost \$170

To register or ask questions e-mail Lou at [diamondworkmichigan@gmail.com](mailto:diamondworkmichigan@gmail.com).