



DIAMOND APPROACH® OTTAWA MONTREAL

# LUMINOUS NIGHT

AN ONLINE DIAMOND APPROACH RETREAT

“Throughout history, human beings have felt the need for intentional, focused work and guidance, to be able to advance beyond average human development known in most societies. Much of our human potential lies in realms not accessible or even visible to normal consciousness. This is specifically the case for humanity’s spiritual potential, which is the ground of human consciousness and the source of true and lasting fulfillment, peace, and liberation.” A.H. Almaas

You are invited to an exploration of the Mystery, Peace, Power and Direct Knowing inherent in all human beings. This 5-day retreat will include evocative teachings, meditation and body-based practices, experiential exercises, and self-inquiry.

“...And only here will the heart feel it has arrived home, at long last. There is wonder, there is beauty, there is Majesty, but it is all mystery upon mystery. The peace is stupendous, the certainty is absolute and the beauty is dazzling. It is the ultimate Beloved of the heart, the Spirit of spirits, and the mystery of all existence... Obviously such words make no sense to the mind, but when consciousness finally reaches this its final abode, the heart will hear these words as music.” A.H. Almaas

**DATES:** October 28<sup>th</sup> thru November 1<sup>st</sup>, 2020

**TEACHERS:** Lisa Barrett, Rob Merckx & Milia Ahu

**COST:** \$480.25 CAD or \$365.00 USD  
(Tax included)

**CONTACT:** For registration and information,  
please contact Lisa Barrett at  
[2simplybeing@gmail.com](mailto:2simplybeing@gmail.com)

**UPCOMING 2021 DATES:**

- February 6<sup>th</sup> - 7<sup>th</sup>
- April 14<sup>th</sup> - 18<sup>th</sup>
- June 23<sup>rd</sup> - 27<sup>th</sup>
- September 22<sup>nd</sup> - 26<sup>th</sup>

The Diamond Approach ~ [www.diamondapproach.org](http://www.diamondapproach.org)

A path that engages and leads to the discovery, development & preservation of the Human Essence.

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