



# DIAMOND APPROACH® OTTAWA

## ESSENTIAL STRENGTH

### A Diamond Approach Seminar

The Diamond Approach is a path of wisdom through direct experience. It recognizes the uniqueness of each individual and adapts itself to each person's needs at the time. It does not require that people conform to some ideal, but welcomes people as they are and helps them to take the natural next step for their unique development.

An ongoing Diamond Approach Group is now forming, led by teachers Lisa Barrett, Carolyn Cerame, and Rob Merkx. The group will meet in Ottawa three times a year, with interim Zoom meetings, optional online inquiry groups, and a webinar in the winter. These weekend retreats include evocative teachings, inquiry, meditation, and body-based practices.

In this September retreat we will be working with inquiry and the Red Essence, which includes inner strength, clarity, discriminating awareness, courage, and the innate beauty of these Essential qualities.

**DATES:** **September 5, 6, 7, & 8, 2019**

- **Thursday, Sept. 5** 10:00am – 6:00pm  
(registration/sign in begins at 9:00am)
- **Friday, Saturday & Sunday:**  
10:00am – 6:00pm

**LOCATION:** **Saint Paul University**

223 Main Street, Rm L142  
Ottawa, ON K1S 1C4

**COST:** \$425 + HST

\$300 + HST Full-time students

**TEACHERS:** Lisa Barrett, Rob Merkx &  
Carolyn Cerame

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

#### ADDITIONAL DATES FOR 2020:

February 8 & 9 (Zoom Webinar)

April 16, 17, 18, 19

June 25, 26, 27, 28

Sept 17, 18, 19, 20

*“The path of inquiry is a path of challenge and adventure always leading us into the unknown. Such is the fullness of the Red Essence that it arises in many flavors to support the openness of our inquiry: strength, energy, expansion, and the capacities to discriminate and confront our experience as we discover what is true. When this fullness of flavors fills our heart, it gives us the courage to welcome whatever the adventure of life brings us.”*

- A.H. Almaas

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.