

# The Way of the Inner Journey

## An online inquiry group



Always starting from the present moment, we will explore:  
What is on my mind? How do I perceive my body? How do I experience my feelings?

Without judgement or goal, we open to our inner world, become more present and experience what it means to be truly human.

Based on the book "The Unfolding Now" by Hameed Ali, we will dive into the path of the Diamond Approach® and its central practice, Diamond Inquiry™. Each meeting offers a time for questions and ongoing introduction.

**Date:** 8 evenings, starting on October 3<sup>rd</sup> 2023 (Then the first Tuesday of each month thereafter).

**Times:** 10:00 a.m. to 12:30 p.m. (PST); 1:00 p.m. to 3:30 p.m. (EST) 7:00 p.m. to 9:30 p.m. (CET)

**Format:** Online (Zoom)

**Price:** €30 per evening (10% discount for full enrolment payment (€215)).

### In this group, you will learn:

The Diamond Approach® teaching according to The Unfolding Now.

The fundamental meditation practice of the Diamond Approach®

Body awareness exercises.

Diamond Inquiry™

### What you need:

- a copy of [The Unfolding Now by AH Almaas](#).



#### About Us

**Sean Menzies** and **Corina Prutti**, both certified Diamond Approach® teachers, offer this 8-week exploratory workshop. It is open to anyone who is curious - beginners to Diamond Approach® as well as those who know it. **For further information contact:** [seanmenzies@gmx.at](mailto:seanmenzies@gmx.at); or [cp@prutti-kommunikation.de](mailto:cp@prutti-kommunikation.de)

