



# *Diamond Approach*®

## **NEW GROUP IN WASHINGTON, D.C.**

The Diamond Approach is a path of spiritual transformation developed by A.H.Almaas. A rich and original path that uses modern psychology as well as traditional wisdom teachings, it is an integrative understanding of human consciousness. This includes ego, personality, and soul... and their relationship with our deepest nature.

This path recognizes and supports the uniqueness of each individual soul. The Diamond Approach does not require people to adapt to any ideal, but welcomes them as they are. Its method enables us to address the obstacles to realization that are unique to our time, place, culture and personality. This makes it possible to be a full human being in the world while grounded in eternal spirit.

The practice of inquiry is central to the Diamond Approach. By opening to our direct experience in any given moment, we move closer to an authentic sense of ourselves and find unexpected doorways into the depths of our souls.

***"The journey of inquiry is  
both the longest and shortest  
trip you will ever take...  
you travel simply as far as  
you need to go to be where  
you already are."***

***- A.H. Almaas***

**Feb 3-5 • June 13-18  
Sept 15-17 • Dec 1-3**

**2017 Weekends are held Friday evenings 7-9:30pm,  
and Saturday & Sunday 10am-5:30pm**

*Our work will include teachings, meditations, movement and  
experiential exercises, inquiry and discussion.*



Victoria Young, PhD and Evelyn Birnbaum, MA are ordained Diamond Approach teachers who have been in this work since 1992.

**LOCATION: Arlington, VA**

Near Rte 50/Courthouse Metro  
June sresidential retreat in Madison, VA

**COST: \$240** per weekend  
(\$175 for first-time students)

**REGISTRATION:** Barbara 202-746-9473,  
bearwise@verizon.net

**MORE INFO:** [www.ridhwan.org](http://www.ridhwan.org)