

# The Three Centers of an Embodied Life



Self-understanding is key to spiritual realization. There are three important elements (centers) involved in this exploration: our sensing (belly/body center), feeling (heart center), and knowing (head center). When these three centers are aligned, we experience harmony. This harmony is an expression of our spiritual development. We will be inquiring into these three aspects/centers of the human journey through a short series of classes, looking into our true nature and what is possible in terms of personal development and embodied experience.

This online series is for anyone in the U.S. Pacific Northwest or Western Canada who wants to explore the Diamond Approach, a modern wisdom tradition. It is suitable for students new to the Diamond Approach, and recommended as introductory material for anyone joining Cascadia 5, the new group forming in the region. It will be taught by Anne Hoff and Jamie Baldwin, teachers of the Diamond Approach and lead teachers of Cascadia 5.

The first session is free and may be done as a standalone event. For those continuing, there will be 3 additional classes (2.5 hours each, all online) on the faculties/centers plus a 2-hour “small group” inquiry session (in-person for those in Portland & Seattle, and online for others).

## Schedule in Pacific time:

- *Free* online intro: 6:30-9:00 pm on Thursday October 23
- Online class sessions: 6:30-9:00 pm on Thursday, October 30, November 6 & 13
- Small group session 6:30-8:30 pm
  - in person Portland - Thursday December 4
  - in person Seattle - Wednesday December 3
  - online for U.S. outlying areas and Canada - Tuesday November 25

Fee: US\$180 for US residents, CAD\$180 for Canada residents. Sliding scale available.

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