



BASIC TRUST

A Diamond Approach Retreat

RETREAT DATES:

Sept. 22nd - 26th, 2021

Wednesday:

2:00pm to 5:00pm EST

Thursday to Sunday:

9:30am to 5:00pm EST

(90 minute lunch break)

COST:

CAD \$425 + hst

TEACHERS:

Lisa Barrett & Rob Merkx

CONTACT:

Lisa Barrett at

2simplybeing@gmail.com

ADDITIONAL

2022 DATES:

- February 2nd - 6th
- April 20th - 24th

“When our personal experience includes basic trust, you are courageous and authentic. You take risks. You don’t sit on your capacities. You engage in life wholeheartedly, doing what feels appropriate to you with the confidence that it will work out. Without much basic trust, you are paralyzed with fear of failure and fear of rejection.” Facets of Unity, A.H. Almaas.

The Diamond Approach is a path of wisdom through direct experience. An ongoing Diamond Approach group is now forming. The group meets four times a year with monthly interim meetings. We are currently online until it is possible to meet in person. These experiential retreats include teaching of the Diamond Approach, inquiry, meditation, and body-based practices.

The Diamond Approach ~ www.diamondapproach.org

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