

DIAMOND APPROACH®

‘BASIC TRUST’

IN CHALLENGING TIMES

A DIAMOND APPROACH SEMINAR
LONDON U.K. JANUARY 5TH 6TH & 7TH, 2018
OPEN TO THE PUBLIC AND EXISTING STUDENTS

Basic trust is not a trust in some thing, some person, or some situation. It is not readily diminished by life circumstances. Instead, it gives us an implicit orientation toward all circumstances that allows you to relax and be with them.

We feel in our bones that we are and will be okay, even if the events at the moment are disappointing or painful, or even completely disastrous. When this trust is deep, it manifests in the way we live our life, not necessarily in what we feel or what we think.

Basic trust is experienced as an unquestioned sense of safety and security that is intrinsic to the way we act and live. When deeply present, this trust is so much a part of the fabric of our soul that it is not something we think about. It is non-conceptual and preverbal. It is so basic that events and circumstances in your life cannot disrupt it.

In this weekend we will enter into the subject of this kind of fundamental trust that is inherent to our nature. We will look at how and when we lost contact with it and to what degree. We will explore what prevents this kind of trust manifesting for us during uncertain and difficult times, and what the source of this manifestation of presence is.

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 adapt to some ideal, but welcomes people as they are and helps them to take the natural next step for their unique development.

Teachers: Tejo Jourdan and Rob Merkx

Location: Mary Ward House, 5-7 Tavistock Place, London WC1H9SN

Date: January 2018, Friday 5th 6 to 9 pm. Saturday 6th and Sunday 7th: 9:30 am to 5 pm with a lunch break.

Cost: £ 185, -

Contact: Rose Ruggles: rose@ridhwan.org Early registration is advised.

For more information about the Diamond Approach: www.ridhwan.org

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