

A Diamond Approach® Perspective

BECOMING YOUR SELF

April 22- 23, 2017

Nacul Center, 592 Main Street Amherst, MA 01002

10 AM – 5:30 PM Saturday

9:30 AM -4:30 PM Sunday

teacher: Leah Chyten



*Inquiry as Practice: continued exploration as a path for transformation
optional and recommended*

April 21, 2017 6:00 PM - 9:00 PM

teacher: Parvati Grais

Every person is unique in the way that true nature and life find expression. Exploring the nature of this uniqueness invites us to experience the preciousness of our existence. Inevitably though we encounter limitations imposed by ego structure, idealization, and the inner critic.

Through meditation, teachings, and the practice of personal inquiry, we will:

- Explore the nature of these barriers
- Learn to defend ourselves from the inner judge
- Open to the natural and ongoing process of our becoming

The **Diamond Approach**, founded by A.H. Almaas (Hameed Ali), is a contemporary spiritual path that responds to one's longing for freedom using a variety of skillful methods, both ancient and modern. It blends authentic spiritual insight with contemporary psychological understanding.

“Almaas is one of the most significant voices for a new and remarkably integrated spiritual vision. His work connects the person, the universal, the psychological, and the spiritual not as pieces to put together, but as the inseparable Mandala of the sacred that we are.”

~ Jack Kornfield,
founder of Insight Meditation Society
and Spirit Rock, has worked individually
with Almaas for over 25 years.

For more information email: parvati285@gmail.com or visit www.diamondapproachne.org

To register, make check payable to: Leah Chyten and send registration and check to Parvati Grais.

\$200/\$180 before April 1st.

YES / NO Inquiry as Practice - \$20 payable to Parvati Grais, 45 Round Hills Road, Amherst, MA 01002



REGISTRATION

Name: _____

City: _____ State: _____

Phone: _____ Email: _____