

# Cascadia Region Online Inquiry Group



## Inquiry and Essence



**Wednesdays**

**6:30-9:00**

**Sept 7, 21;**

**Oct 5, 19;**

**Nov 2, 16**

**Sliding scale:  
\$100-\$150**

**Registration/Questions:  
[innerjourney@mac.com](mailto:innerjourney@mac.com)**

*Diamond Inquiry is the fundamental practice of the Diamond Approach, and like any practice it takes time to learn and develop an embodied understanding of this practice and what it requires of us to be effective in supporting our growth, understanding, insight, and realization. An earlier class explored inquiry through the lens of some of the fundamental principles of the Diamond Approach. This time we will focus on the relationship of inquiry and essence, exploring and cultivating five key essential qualities, and their role in inquiry, through teachings and the experiential practice of Diamond Inquiry. The final session will be a "small group" format with the teacher guiding individual students in deepening inquiry. This class is open to anyone interested in learning about the Diamond Approach, and primarily for people in the Cascadia region of WA, OR, and BC. It will be led by Anne Hoff, teacher of the Diamond Approach.*