

# Diamond Approach weekend in Norway



## Art of Inquiry

In this weekend we'll explore the practice of inquiry in the Diamond Approach ®. The workshop is meant for people who want to learn to inquire as well as for people who want to deepen their skills.

Inquiry is a way to connect to our direct experience and follow it as it moves through our conditioned patterns and the different dimensions of Being. Every experience is a doorway into further exploration, leading us all the way into the depth of our Beingness.

In inquiry we learn to trust all of our experience, welcome it, give it space and understand it both from our mind and from our heart.

Inquiry asks us to listen deeply into our bodies.

In this workshop we focus on being open and curious.

We learn to recognize the influence of the inner critic and to take some distance from its suppressing force.

The weekend will be held in English and is led by: Silvia Burkart and Odile van Eck, both teachers in the Ridhwan School. There is room for 12 participants.

Silvia Burkart Spillmann (1953) from Switzerland:

*The practice of inquiry has become a way of living for me. It has exceeded all my expectations about myself and my environment. Inquiry reliably shows me the way through life's challenges as well as life's joys.*

Odile van Eck (1957) from Holland:

*I feel a deep passion and gratitude for the practice of inquiry. The precision with which it has shown me the way through many of life's challenges is awesome. Through inquiry I've come to feel and trust the Guidance of Being.*

**Dates and times:** April 5<sup>th</sup> (starting at 18 pm till 21 pm), 6<sup>th</sup> (10 am till 17 pm) and 7<sup>th</sup> (ending 16 pm) 2019.

**Location:** Nesbru (near Oslo)

**Price:** NOK: 2750,-

**Register before February 1st 2019** by paying NOK 2750,- into IBAN:

NL95INGB0003599629 in name of Odile van Eck and **write her an email to confirm your registration.**

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