



DIAMOND APPROACH® OTTAWA MONTREAL

ESSENTIAL SUPPORT

AN ONLINE DIAMOND APPROACH RETREAT

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.

Essential Support is one of the pure forms in which our Being manifests. It is always available as a groundedness, definiteness and certainty that provides the self with confidence and steadfastness. Knowing these essential qualities of our true nature is a support for us in these unusual times. In this retreat we will explore where Essential Support comes from and what prevents it from manifesting itself more often in our daily lives?

This 5-day retreat will include evocative teachings, meditation and body-based practices, experiential exercises, and self-inquiry. Diamond Approach Ottawa Montreal also offers online classes on inquiry.

ONLINE WEBINAR DATES:

- **July 15, Wednesday**, 2:00pm to 5:00pm
- **July 16~18, Thursday, Friday, Saturday**,
(2 segments each day)
9:30am to 12:30pm & 2:00pm to 5:00pm
- **July 19, Sunday**, 9:30am to 12:30pm

TEACHERS: Lisa Barrett & Milia Ahu

COST: \$480.25 CAD or \$360.00 USD
(Tax included)

CONTACT: For registration and information,
please contact Lisa Barrett at
2simplybeing@gmail.com

“...When true support comes you feel as if you are sitting on a mountaintop. The whole mountain becomes like a fountain of support for your reality. From within, you feel an immensity, a tremendous immensity, a tremendous Presence, a tremendous existence that is almost as hard as a rock, and it supports whatever reality you have realized.”

- A.H. Almaas, Diamond Heart Book 3

The Diamond Approach ~ www.diamondapproach.org

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

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