

Diamond Approach® Michigan presents:

# Diamond Gathering

A morning of meditation and spiritual inquiry

Offered on selected Saturday mornings in 2025, 9-11:30am

In-person at 180 Little Lake #1, Ann Arbor, Michigan

Free of charge to the community

THIS IS AN OPPORTUNITY TO LEARN AND PRACTICE THE DIAMOND APPROACH METHOD OF INQUIRY AND SPIRITUAL EXPLORATION. EACH SESSION WILL PRESENT A DIFFERENT TOPIC. THIS IS OPEN TO PEOPLE WHO ARE EXPERIENCED WITH THE DIAMOND APPROACH AND THOSE WHO ARE BRAND-NEW.

This will be a time of **relaxing into the silence** in meditation and exploring ourselves in personal inquiry. These two practices work together to support a **return to our authentic selves**. Each session will present a theme to explore our essence and personal barriers to our deepest presence. It is a wonderful opportunity to explore the **Diamond Approach** whose aim is to discover the **deepest truth of what it means to be human**. This is intended for experienced students and those new to the Diamond Approach which is a contemporary spiritual path based upon the findings of psychology and the ancient wisdom traditions.

## Schedule and topics:

April 5—Value

May 3—Practicing Presence (meditation and other sensing practices)

June 7—Being Real (finding our place of authenticity)

July 12—Finding Joy and Happiness

August 2—Finding Joy, pt 2

All Sessions 9-11:30AM on Saturday

180 Little Lake Dr. #1, Ann Arbor

This series will be taught  
by Lou Weir.

Lou is a certified  
Diamond Approach  
Teacher

What to Expect: we will have meditations, talks, and a chance to practice inquiry, one of the foundations of our practice. Cost : Free to the community

To register, or ask any questions e-mail Lou at: [diamondworkmichigan@gmail.com](mailto:diamondworkmichigan@gmail.com)