

DIAMOND HEART UK in London

Announcing a new Diamond Heart Group starting October 2019

“WHERE YOU ARE IS WHERE IT’S AT”

One of the central wisdoms of the DIAMOND APPROACH is that discovering and exploring exactly where you are is the doorway to all the treasures of your spiritual nature.

You don’t need to go off to a mountain-top to find out who you are. You don’t need any special accessories to get in touch with qualities like love, value, joy, peace, or strength. These are your inner nature. All you need is to be deeply engaged with your immediate experience, to explore and inquire into what is really going on. This is the journey of inquiry, the path of the Diamond Approach.

The first Diamond Heart group is forming in London, a Diamond Approach group run directly by the Ridhwan School. It is also the first UK group to use a mainly non-residential weekend format, rather than only week-long residential retreats.

We will kick off a series of introductory meetings with two single weekend retreats in October 2019 and January 2020. And then we’ll have one longer double weekend retreat in May, for a more immersive experience while still being able to continue normal daily life on the weekdays in between. Our time together will include talks, experiential inquiry exercises, and meditations.

OCTOBER 18 – 20, 2019

STOP IN THE NAME OF LOVE

In this weekend, we will begin finding the kindness for ourselves and the fire to confront the inner critic – that voice that says you shouldn’t be where you are!

JANUARY 24 – 26, 2020

THE HEART AS PORTAL

We will explore the igniting force of the heart, and how beginning to allow all our feelings, positive and negative, opens this portal.

MAY 1 – 3 AND 8 – 10, 2020

THE MIND & BODY OF BEING

In this two-weekend retreat in daily life, we will explore the power to know where we are and the ballast to live in a fuller and more embodied way.

Cost £195 for the weekends and £390 for the double-weekend retreat in daily life
Venue Mary Ward House, 5-7 Tavistock Place, London, WC1H 9SN
Teachers Tejo Jourdan, Dominic Liber, Zarina Maiwandi
Contact To register and for more information, please contact Jona Scovill at jona@ridhwan.org



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