



THE DIAMOND APPROACH®

INNER PEACE AND STILLNESS **An Introduction to the Diamond Approach**



FREE ONLINE EVENT

SUNDAY DECEMBER 5 9 am - 12 noon

Many of us long for inner peace – a place of depth and stillness. We go to meditation retreats, walk in nature, and read spiritual books . . . yet peace can be elusive. Our minds are busy, our lives are full of demands and distractions, and our world has its measure of craziness. Join us to explore peace and stillness through the lens of the Diamond Approach, including meditation, a teaching, and an experiential exercise.

The Diamond Approach is a path of wisdom and inner work that investigates consciousness and reality. It leads to liberation and human maturity, where we know our depth and live fully in the world with insight and presence. The Hawai'i Diamond Approach 4 group is now forming, and this is one in a sequence of introductory events where you can learn about the Diamond Approach, meet the teachers, and ask questions to see if this path might be right for you.

Registration and information:
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