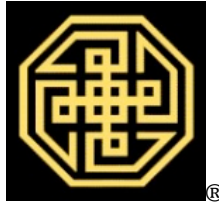


# Diamond Heart Retreat Group 5

This group began in Fall 2014 and meets twice yearly.



**DHR5 WILL CLOSE TO NEW MEMBERS PRIOR TO THE MARCH 2017 RETREAT. THOSE INTERESTED IN JOINING DHR5 MUST APPLY AND BE ACCEPTED PRIOR TO THE FEBRUARY 17, 2017, DEADLINE.**

*“The path of inquiry is both the longest and the shortest trip you will ever take. You travel simply as far as you must go to be where you already are.”*

A.H. Almaas

**The Diamond Approach®** offers an investigation of Reality and a method of working on oneself that leads to increased understanding, spiritual maturity and liberation. Developed by A. H. Almaas and drawing on both modern psychology and traditional wisdom teachings, it is a path for those living in the world, supporting self-realization while addressing challenges on the path.

*As a contemporary spiritual teaching, the Diamond Approach considers the totality of the human being. It welcomes us as we are and guides us toward taking the natural next steps in actualizing our potential for more aliveness, intimacy, clarity, depth, and engagement with our lives.*

**Diamond Heart Retreats** are long-term Diamond Approach groups which meet twice a year for eight days each. This residential retreat format serves those without access to a local group or whose life circumstances need such a format. Our experience with the previous four Diamond Heart Retreat groups is that this format is a rich and powerful way of working on oneself. Diamond Heart Retreats are part of the Ridhwan Academy under the direction of **A. H. Almaas**.

**The teachers for DHR5** are John Davis and Rosanne Annoni, co-directors, with Anne Singer, Jane Bronson, and Susan Weiley. All are ordained teachers in the Ridhwan School.

### **When does the DHR5 group meet?**

The next retreats are September 25 – October 2, 2016, and March 5 – 12, 2017. We will meet twice a year at the same location and approximately the same time of year. We plan to continue this schedule, meeting in early March and again in late September and early October each year.

Since the teachings build in an orderly way, students who join after the initial meeting will review the teachings they have missed.

### **Where will the retreats meet?**

These are residential retreats and will be held at the Guest House Retreat and Conference Center in Chester, Connecticut, USA. Guest House is a lovely and supportive space for our work.



**318 West Main Street • Chester, CT 06412 • [www.guesthousecenter.org](http://www.guesthousecenter.org)**

### **What is the format of a retreat?**

Most meetings during the retreat include a meditation, a teaching and an experiential inquiry in groups of two or three students. Generally there are two meetings per day. Small group meetings, led by an ordained Ridhwan teacher, also support inquiry practice. Teachings and practices are also provided between retreats.

### **Private Sessions**

As support for the ongoing work in DHR5, participants have private sessions with a Ridhwan teacher during the retreat. Regular private sessions are also recommended between retreats.

### **Program Costs**

Costs for the residential retreat are approximately \$1500-\$2000, depending upon accommodation choices. This cost includes small groups as well as lodging and meals, but not private session fees of \$100. The application fee is \$40. Students also pay annual dues of \$99 as members of the Ridhwan School.

**For more information or to apply to the DHR5 Group  
please contact Lynette at [DHR5@ridhwan.org](mailto:DHR5@ridhwan.org)**

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