



Diamond Approach® Ottawa Montreal

# ESSENTIAL SUPPORT

## An Introductory Online Diamond Approach Retreat

We live in a world full of challenges. Essential Support is one of the pure forms in which our true nature manifests. It is always available as a groundedness, definiteness and certainty that provides the self with confidence. 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?

The Diamond Approach is a path of wisdom through direct experience. It recognizes the uniqueness of each individual and 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.

Diamond Approach Ottawa Montreal is now forming a **NEW ONGOING RETREAT GROUP (DAOM2)**. The group will meet mainly on Zoom with one annual in-person retreat. The retreats will introduce the foundational teachings of the Diamond Approach, including meditation, body-based practices, experiential exercises and Diamond Inquiry®. The teaching is presented in English, however the experiential explorations may also be done in French if partnered with other Francophones.

**DATES:** April 25th, 2025, 2:00pm- 5:00pm ET; April 26th & 27th, 2025 9:30am-12:30am ET, 2:00-5:00pm ET  
(90 min. break for lunch)

**COST:** CAD \$285 + provincial tax, USD \$225, EUR €200 + btw

**CONTACT:** For registration and further information please contact [info@da-om.org](mailto:info@da-om.org)

**LOCATION:** Online Zoom Retreat

*"...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..."*

- A.H. Almaas, Diamond Heart Book 3

Please visit [www.da-om.org](http://www.da-om.org) to learn more.

The Diamond Approach® is a path that engages and leads to the discovery, development & preservation of the Human Essence.

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