



## ESSENTIAL PERCEPTION: PORTAL TO LIBERATION

“The mirror of our awareness gradually becomes... more luminous as it reveals the preciousness of what we truly are.”

---A.H. Almaas, *The Unfolding Now*

We as humans are blessed with the capacity to perceive with our senses: sight, sound, taste, feel, and smell. From the perspective of the Diamond Approach®, our perceptual capacity is a doorway to knowing who we really are. When we drop into essential perception, the whole realm of our sensory experience can open and deepen. The glint of the sun reflecting off a stream becomes a magical mirror. The smell of the flowers becomes a bouquet of fragrant love. The rustling of trees is transformed into nature’s symphony.

In this class we will explore the practices of the Diamond Approach, including meditation, sensing, and inquiry. Weather permitting, we’ll do a short walk.

Ilene Buchalter has been a Diamond Approach teacher since 2002. She works with individuals and groups in Colorado and Florida. She has been a member of the Ridhwan School, founded by A.H. Almaas, for over 35 years.

DATE: Sat. April 22, 2017

TIME: 10am-5pm

WHERE: 6750 E Mexico Ave,  
Denver, CO 80224

COST: \$75, if paid by April 12  
\$90 after April 12

**For information and to register:** Ilene at [buchalteri@msn.com](mailto:buchalteri@msn.com) or 720-2067189 and send .your check to Ilene Buchalter, 6750 E Mexico Ave., Denver, CO 80224

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