



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 flowers becomes a bouquet of fragrant love. The rustling of trees is transformed into nature’s symphony.

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

Ilene Buchalter will be teaching this class. As an ordained Diamond Approach teacher since 2002, Ilene works with individuals and groups in the Denver-Boulder area. She has been a member of the Ridhwan School, founded by Hammed Ali (pen name A.H. Almaas), for over 35 years.

DATE: Sat. January 14, 2017

TIME: 10am-5pm

WHERE: Colorado Ridhwan Center,
5869 Marshall Drive
Boulder, CO 80303

COST: \$75, if registered by Jan 4
\$90 after Jan 4

For information and to register: Ilene at buchalteri@msn.com or 720-206-7189 and send your check to Ilene Buchalter, 6750 E Mexico Ave., Denver, CO 80224.

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