



Diamond
Approach®

Exploring our True Nature in Nature

What does it mean to be oneself?
To be real? With so much to do and so much
internal and external noise, what helps us to
settle and simply be?

Join us to explore how nature impacts and
reflects our realness using the introductory
teachings and techniques of the
Diamond Approach®.



Facilitators

Kip Dooley is an ordained teacher in
the Diamond Approach and a lifelong
educator. Their love for nature is engaged through
year-round commuter biking, assisting with
Diamond in the Rough wilderness retreats, and
finding the nearest trail, river, or patch of
wildflowers with whom to commune.

Kara Vangen

is an ordained teacher in the Diamond
Approach leading groups in the Midwest
since 2016. She is a certified Forest Guide
and spends daily time in the woods alone and with
others for healing and regulation for the soul.
Kara's professional experience includes work as a
Mental Health Therapist where she combines
traditional and complimentary health practices to
address mental health.



***There is nothing like the
simplicity of being oneself -
settling into yourself, just being
there. All of the inner journey comes
down to this: that we are able to be
genuinely what we are.***

~A.H. Almaas

Workshop Format

- **What:** This is an introduction to the
Diamond Approach spiritual path.
- **How:** Participants will experience a blend of
introductory teachings and solo time in
nature using our main practice of inquiry.
- **Who:** This is open to the public and anyone
interested in the Diamond Approach.
- **Intention:** To explore our true nature in
nature with curiosity, awareness, and
kindness toward whatever arises.

Details

Saturday, Oct. 11, 2025 12:30-4:00 CST

Lake Hiawatha Recreation Center and Park

2701 E 44th St.

Minneapolis, MN 55406

[Link to Info and Registration Form](#)

Suggested donation \$30-50

Send inquiries to kipdools@gmail.com

