



The Freedom to Be

The Diamond Approach and the Path to Authentic Being

We long for authenticity and to feel at home – in our own skin and in this world. We suffer when we sense the ways we are disconnected, contrived, afraid to show up as ourselves, or at a loss for who we truly are.

The Diamond Approach is a path of spiritual development that leads to fulfillment and maturity through its broad understanding of our deepest nature and its precise methodologies for working through barriers and opening to direct experiences of Being.

This evening and full-day introductory event is one of our offerings as we prepare the ground for Cascadia 5, an ongoing Diamond Approach group in the Cascadia / Salish Sea Region. The same The Freedom to Be teachings will be offered in-person in Seattle, Portland, Victoria BC, and Vancouver BC. Although we recommend attending an entire 1.5 day event, it is possible to attend Friday evening at no charge and then decide whether to continue for the full day.

The event will be taught by Anne Hoff and Jamie Baldwin, lead teachers for Cascadia 5.

Options to Participate

Seattle in-person

Fri. Aug. 8, 6:30 - 9:30 pm

Sat. Aug. 9, 9:00 am - 4:30 pm

Location details with registration.
Saturday will include a lunch break.

Vancouver, BC *hybrid*

Fri. Sept. 12 ONLINE, 6:30 - 9:30 pm

Sat. Sept. 13 IN-PERSON, 9:00 am - 4:30 pm

Location details with registration.
Saturday will include a lunch break.

Portland in-person

Fri. Aug. 15, 6:30 - 9:30 pm

Sat. Aug. 16, 9:00 am - 4:30 pm

Location details with registration.
Saturday will include a lunch break.

Victoria, BC *hybrid*

Fri. Sept. 12 ONLINE, 6:30 - 9:30 pm

Sun. Sept. 14 IN-PERSON, 9:00 am - 4:30 pm

Location details with registration.
Sunday will include a lunch break.

Fee: Friday evening is free; the full event is US\$100 / CAD\$125.
To register, contact annehoff@mac.com or jamiefbaldwin@gmail.com

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