



THE DIAMOND APPROACH

Being at Ease with the Unknown Introduction to the Diamond Approach

One of the fundamental principles of the Diamond Approach is embracing our experience no matter what it is. However, this confronts us with the fact that much of our experience brings up formidable difficulties that challenge our ability to stay open.

What is needed is a kind of Basic Trust that no matter what our experience, if we simply allow it, without preference, judgement, or rejection, our experience will naturally deepen.

Whether you respond to the events of the world and your journey into your spiritual nature with dread or ease depends on your access to and understanding of Basic Trust, part of your essential nature.

TEACHERS

Ben Centanni has been a student of the Diamond Approach since 1999, and a teacher since 2016. He is also a public school teacher in Santa Cruz, CA. He is originally from New Orleans.

Annette Anderson has been a student of the Diamond Approach since 2004 and a teacher since 2014. She has taught and assisted groups in Texas and online with the Ridhwan School. She lives near Dallas Texas.

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Saturday All-Day Teaching

Dec. 18, 2021, 10am-5pm CT

Sunday Small Group Inquiry

Dec. 19, 2021, 10am-12:00pm CT

Location: ZOOM

COST: \$140

Registration: For more information call 214-274-7060 or email. To register via PayPal: Annette Anderson account information: andersonannettes@aol.com

WHAT TO EXPECT: Saturday's all day workshop will include meditations, talks, and a chance to practice inquiry, one of the foundations of the Diamond Approach.

"Without basic trust, we live our lives defensively, in conflict with others and with ourselves, becoming self-centered and egoistic. To find our basic trust is to reconnect with our natural state that we have become separated from."

A. H. Almaas, Facets of Unity

New Diamond Approach Group Forming: We currently meet (via Zoom) four times per year to present introductory teachings of the Diamond Approach.