



# THE DIAMOND APPROACH

## Basic Trust and Living Daylight Introduction to the Diamond Approach

Why is it easier for some people to trust and more difficult for others? What determines whether a soul has basic trust? When a baby feels held in a way similar to how it was held in the womb, it provides a sense of holding. This sense of holding doesn't disrupt the child's sense of basic trust and the effect will be that Living Daylight, the loving and supportive dimension of Being, will remain an intrinsic part of the child's sense of reality.

With Living Daylight, the soul feels held by the universe, taken care of in a loving, appropriate way. With this loving presence, it is natural that you would feel relaxed and trusting, with the sense that you will be taken care of and that things are going to turn out okay.

Join us as we explore the barriers and experience of opening to Living Daylight and Basic Trust.

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### 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

March 26, 2022, 10am-5pm CT

### Sunday Small Group Inquiry

March 27, 2022, 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](mailto: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.