



WE NATURALLY LOVE BEING REAL

We appreciate being able to simply be ourselves. This inherent love of being authentic is one of the Foundations of Inquiry.

Yet this can be surprisingly hard to find. When we become aware of ourselves, we may be more inclined to meddle with or reject what we are experiencing, or try to improve it or make it better. And in so doing, we become cut off from our realness, our truth.

Inquiry is the practice of getting in touch and recognising where we actually are, and being open to see what is true in it. The attitude of inquiry is like that of a true friend, who doesn't judge you whether you're angry or hurt, or joyful and expansive, but cares about whatever you are experiencing and gives you the space to be yourself.

The Diamond Approach

Foundations of Inquiry

Dominic Liber, a Ridhwan teacher originally from South Africa, is offering a full day intensive workshop as a follow-on from his visit to SA in April. He is responding to the curiosity and interest of a number of people who would like to experience more of the Diamond Approach and to learn some of its tools first hand. He is also offering an online inquiry group over several months to continue deepening and expanding the journey.

Full day intensive workshop

Johannesburg 21 October (Perch, 37 Bath Ave, Rosebank)

Cape Town 28 October (TBC)

- Being where you are, and being open and curious
- Consciousness and presence with ordinary experience
- A meditation practice that supports presence
- A practice for bringing presence throughout your life
- The freedom of inquiry as the freedom of your own life
- Inquiring on your own and with inquiry friends
- Using the book *The Unfolding Now* by AH Almaas as a resource
- Schedule:
 - Saturday 9:30am - 12:30pm and 1:30pm - 4:30pm and 5-7pm
 - Additional small group meetings if needed

We've made the costs simpler...

The One-Day Intensive is now a flat R750

[Student and other concessions available on request]

[Click Here for Information and Registration](#)

Seven online study and inquiry group meetings

Week commencing 30 Oct, 6, 27 Nov, 11 Dec, 15, 22, 29 Jan

Group A: Tuesday afternoon

Group B: Tuesday evening

Additional groups will be added as needed

- Deepen your practice with a community of inquiry friends
- Grow through understanding the barriers you each encounter
- Inquiry meetings to practice inquiry with the direct guidance of a teacher
- Study group meetings on *The Unfolding Now* to explore further being present with where you are, and what gets in the way
- Limited group size to support active participation

The Online Course is R1500 for seven 2½ hour sessions

About Inquiry

Inquiry is the dynamic exploration of our immediate experience with presence, in a way that invites the reality of our true nature and its connection with our ordinary experience to be revealed in deep and transformational ways.

The Diamond Approach and the practice of inquiry are based on the inseparable unity of our psychology and our spiritual depth.

About the Diamond Approach

The Diamond Approach is a path of personal exploration and development based on the work of AH Almaas. It supports the realisation of the non-dual, spiritual depths of our true nature and its actualisation in daily living, primarily through the practice of inquiry. The Diamond Approach is taught worldwide through the Ridhwan School based in the US, by certified Ridhwan teachers.

[Visit the Ridhwan School website](#)

Taught by Dominic Liber

Dominic Liber is a Ridhwan teacher currently based in London. Originally from Johannesburg, he travelled as a student of the Diamond Approach from South Africa to the US and Europe several times a year from 2000 onwards to engage this path. He is delighted to be making the practice of inquiry and the wisdom of the Diamond Approach accessible in South Africa.



[**Further Information and Registration**](#)





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