

GREAT LAKES DIAMOND APPROACH 2

presents

The Way to Happiness

Happiness is inherent to our spiritual nature, yet experiences in our early environment shape us into personalities (egos) that seem disconnected from the richness of this true nature. We'll explore this topic over two Wednesday evenings and a Saturday this spring, with Diamond Approach teachers Lou Weir and Anne Hoff presenting teachings and guiding you in meditations and experiential group exercises around happiness as a spiritual quality. You'll come to understand more about your personal relationship to happiness and begin the process of knowing this essential quality.

Schedule:

Wednesday March 27, 6:00-7:30 pm

~ online intro (free)

Saturday March 30, 9:00 am - 5:00 pm

**~ in person, 180 Little Lake Dr. #1,
Ann Arbor, Michigan 48103**

Wednesday April 3, 6:00-8:30 pm

~ online follow-up for 3/30 attendees

Fee:

\$205 for 3/30 & 4/3 together.

Early-bird special of \$180 if
paid by February 28.

Registration:

For questions or to register,
email Lou Weir at

dwmich22@gmail.com

This is the second of six introductory teachings laying groundwork for Great Lakes Diamond Approach 2 (GLDA2), a new Diamond Approach group in Ann Arbor, Michigan. Subsequent events this year will explore strength, aliveness, and compassion.

The Diamond Approach is a spiritual path that arose and developed over the past fifty years through the work of A. H. Almaas and Karen Johnson. Through meditation and inquiry we uncover the truth of who we are in our authentic nature and cultivate the wisdom to express that in our day-to-day life. Ongoing groups journey through different phases of the teaching: opening to essential qualities of Being, self-realization, nondual reality, and more. You can learn more about the Diamond Approach at www.ridhwan.org and about GLDA2 at www.glda2.org. GLDA2 is only the second Diamond Approach group to form in the Michigan/Ohio region.