



Aging in Realization

Online Group Offered in 4-session series

Open to Diamond Approach®

Group Members Past & Present

Life changes. It is of the essence of life to change. It is of the spiritual character of life to make demands, to bring new challenges, to goad us into living it. Joan Chittister, The Gift of Years

How do the teachings and practices of the Diamond Approach® impact us as we age? What is their relevance in aging, illness, impending death? How can we effectively use the practice of inquiry to explore the changes in our bodies, our relationships, our environments while awakening to deeper levels of realization as we age?

Many of us have actively participated in the school well into our elder years. For reasons of health, distance, family needs, and/or finances, others are no longer directly involved in the school. Our rising population of present and past elder members presents a growing need for a focused exploration of the fundamental teachings and practices ***through the specific lens of aging.***

To meet this need, an online monthly group, open to present and long-term former members of the school, has been meeting in four-session segments since October, 2018. Each series revolves around a particular focus of aging, oriented toward continued realization. Each meeting consists of meditation, teaching, inquiry, and Q&C. The cost is scaled according to need from \$100-\$200 for each series.

Diamond Approach® teachers, Dorothy Landry and Regina Reilly, develop and teach this ongoing program. Other seasoned Diamond Approach® teachers frequently join them as guest teachers. If you are interested in exploring the unfolding of this precious path as we age, please contact Dorothy Landry at drklandry@gmail.com.