

# Diamond Approach event in Switzerland

## Sept. 6.- 8. 2019



### Art of Inquiry: Essential Courage

In this weekend we'll explore the practice of inquiry in the Diamond Approach ®.  
The workshop is meant for people who want to learn to inquire as well as for people who want to deepen their skills.

Inquiry is a way to connect to our direct experience and follow it as it moves through our conditioned patterns and the different dimensions of Being.

Every experience is a doorway into further exploration, leading us all the way into the depth of our Beingness.

In inquiry we learn to trust all of our experience, welcome it, give it space and understand it both from our mind, heart and belly.

Inquiry asks us to listen deeply into our bodies.

In this workshop we will focus on essential courage. This quality is a support to separate from old patterns. It helps us to explore unknown territory of our soul and to stay there. Essential courage gives us a felt sense of initiative and allows us to be with the fire of life, strength and discovery.

We learn to recognize the influence of the inner critic and to take some distance from its suppressing force.

The weekend will be held in both German and English.  
There is room for 12 participants.

Led by: Silvia Burkart and Odile van Eck, both teachers in the Ridhwan School.

Silvia Burkart Spillmann (1953):

*The practice of inquiry has become a way of living for me. It has exceeded all my expectations about myself and my environment. Inquiry reliably shows me the way through life's challenges as well as life's joys.*

Odile van Eck (1957):

*I feel a deep passion and gratitude for the practice of inquiry. The precision with which it has shown me the way through many of life's challenges is awesome. Through inquiry I've come to feel and trust the Guidance of Being.*

**Dates a. times:** Friday Sept. 6.: 18.00 – 21.00 Saturday Sept.7.: 10.00-17.00 Sunday, Sept. 8.: 10.00 – 16.00

**Location:** Bahnhofstrasse 63, 8803 Rüschlikon, Room «Nia»

**Price** Fr. 300. –

**Attention:** Friday night the 6. the workshop will take place at Dorfstrasse 18, 8803 Rüschlikon, (only for this night).

**Register before July 14.** with Silvia Burkart Spillmann.

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