



## THE DIAMOND APPROACH®

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### Truth Diamond

A teaching by Karen Johnson from a presentation in London on her book *The Jeweled Path: The Biography of the Diamond Approach to Inner Realization.*

[Watch the Video](#)



## Meet the Teachers: Nancee Sobonya

My spiritual journey really began after my father died suddenly when I was 17 years old. The turn inward started then, and I began asking the deeper questions— what is the meaning of this life, of death, our true purpose here? This led me on a worldwide tour of spiritual teachings ...

[Read More](#)



## Encrusted Interview: Nihar Shaw

An interview with Diamond Approach student Nihar Shaw, who is in the Diamond Heart California 7/8 group in the United States.

[Watch the Video](#)

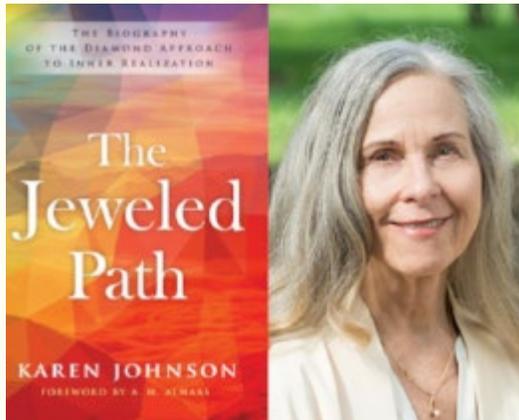


## Students Share: Conundrum

something large  
is trying to live through  
something small

the "I am"  
is in the flow

[Read More](#)



## Seattle Book Talk with Karen Johnson

Diamond Approach co-founder Karen Johnson will be speaking in Seattle on July 8 about her new book describing the development of the Diamond Approach.

[Learn More](#)



## Quasar 2018: Spirituality in a Fractured World

This seminar is a rare opportunity to spend five days with Diamond Approach founders A. H. Almaas and Karen Johnson. It is open to all; no prior experience is required.

**September 22-26, 2018**

**Berkeley, CA, USA**

[Learn More](#)



## Inquiry Intensives 2018

Deepen your capacity to inquire with the support of an international group of other inquiry practitioners in one or both of the following:

**"Allowing Our Experience"** with Sandra Maitri, July 14-15

**"Engaging our Experience: Body, Breath, and Being"** with Jessica Britt, August 11-12

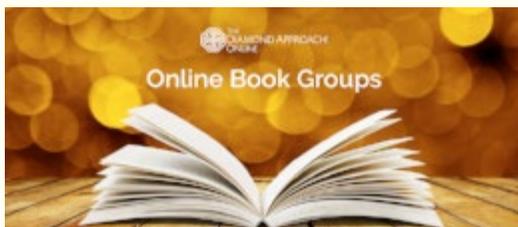
[Learn More](#)



## Online Inquiry Groups

Deepen your personal experience of inquiry by participating in an Online Inquiry Group with a small group of up to 12 participants.

[Learn More](#)



## Online Book Groups

Explore the foundational teachings of the Diamond Approach in a small group of 15 participants.

[Learn More](#)

# Upcoming Events

JULY  
1

## "Essentielle Verwirklichung - Der diamantene Weg des Herzens" NEUE Buch- und Praxisgruppe in Berlin

📍 Berlin, Germany  New group forming

Diese Buch- und Praxisgruppe beinhaltet Meditationen und die Möglichkeit, die Erkundung (Inquiry), eine der Kernpraktiken des Diamond Approach, zu praktizieren. Die Texte aus Hameed's Buch begleiten uns dabei.

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JULY  
3

## "Das wirkliche Leben beginnt jetzt" Buchgruppe Berlin

📍 Berlin, Germany

Wir praktizieren Selbsterkundung und Meditation, dabei begleiten uns Texte aus dem Buch "das wirkliche Leben beginnt jetzt" A. H. Almaas.

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JULY  
6

## Köln Meditation

📍 Köln, Germany

Einmal im Monat sind alle Interessierten zu einem Treffen eingeladen, zusammen unter Anleitung eines Diamond-Approach-Lehrers zu meditieren.

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JULY  
7

## Praxistag

📍 Köln, Germany

Wir benutzen verschiedene Formen der Praxis, als Führung, Orientierung und Unterstützung, um unsere wahre Natur / unser Sein ... zu verkörpern ... zu verstehen ... in die Welt zu tragen.

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JULY  
8

## Book Talk with Karen Johnson - The Jeweled Path

📍 Seattle, WA, USA

Diamond Approach co-founder Karen Johnson will speak in Seattle about her new book describing the development of the Diamond Approach.

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JULY  
10

## South African Online Inquiry Series

📍 Online, South Africa

A series of eight online meetings exploring the practices of the Diamond Approach, particularly open ended inquiry, disengaging from the inner critic, presence, and meditation.

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JULY  
14-  
15

## Inquiry Intensive with Sandra Maitri

📍 Online

In this intensive we will explore the reasons we close ourselves off from certain categories of experience, what we need to open to these experiences, and what results from moving through this process.

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JULY  
14-  
15

## Why Practice? The Alchemy of the Diamond Approach

📍 Amherst, MA, USA

Without practices our inner work can remain disembodied, abstract, and without ground. In this weekend we will explore meditation, sensing looking listening, and inquiry, and how these practices influence our daily lives.

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JULY  
15

## Meditations -und 5 Movement Gruppe in Berlin

📍 Berlin, Germany  New group forming

Dieser Raum ist eine Gelegenheit, in eine Zeit der Meditation einzutauchen, die vom Diamond Approach geprägt ist. Diese Zeitspanne erlaubt es uns, uns der Praxis zu widmen und den direkten Kontakt mit dem Sein und der Gegenwart einzuladen.

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JULY  
21

## California Diamond Heart 10: The Compassionate Heart

📍 Berkeley, CA, USA

In this daylong we will consider the compassionate aspect of our Being that enables us to be open, gentle and kind. We will explore what we use to cover up that sensitive part of us and how we need to be present with ourselves in a kind way in order to open up to our experience.

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AUG

## The Heart of Life: Loving Kindness

3-5

📍 Penzberg, Germany  [New group forming](#)

In this weekend we will explore how the life force provides the sensitivity we need to attune to what really matters to us at the moment. That is the function of the Essential quality "loving kindness".

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AUG  
10-  
12

### [Diamond Approach Ottawa - The Heart of Inquiry](#)

📍 Ottawa, ON, Canada

In this weekend retreat we will explore our inner flame and how it guides our heart on its inner journey. What dampens this inner fire and what can unleash our passion for truth? We will explore how working with self-inquiry and the practice of presence can open our heart and fuel our flame.

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AUG  
11

### [The Sacred Work of Grief](#)

📍 Berkeley, CA, USA  [New group forming](#)

This daylong explores the powerful and mysterious nature of grief. As we turn our attention to the grief we carry—for self, community, and world—we share our deep emotional selves, which brings us into the circle of restoration and into the arms of the sacred.

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AUG  
11-  
12

### [Inquiry Intensive with Jessica Britt](#)

📍 Online

In this intensive we will deepen into the practice of inquiry through the exploration of a key ingredient of the Diamond Approach inquiry practice: the breath. Inquiry is a dynamic living process, and central to this vitality is our relationship to our breathing bodies.

[More Events](#)

[Find a Diamond Approach Group](#)

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THE  
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Connect with us



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