



THE DIAMOND APPROACH®

Recognizing Presence

"When we discern the inner field that is the soul or individual consciousness, we experience it as presence, independent from and more fundamental than all the content of consciousness and all characteristics of subjective experience. When we recognize pure consciousness, then, what we become aware of is the process of consciousness, its existence, its truth. The presence—the “hereness,” the “beingness” of consciousness—is not something extra to consciousness; neither is consciousness an extra property of this presence. This is one of the primary discoveries in the inner journey: Presence is always consciousness, and pure consciousness is always presence."

-A.H. Almaas, founder of the Diamond Approach

Exploring Recognition of Presence

The challenge (in recognizing presence) is that this recognition has nothing to do with the mind or concepts or history. Recognizing presence isn't remembering presence as a mental recall. It's not like a forgotten memory or a lost frame of consciousness. In recognizing presence, the veils of ego identification fall away, the self collapses and that which is prior to the construction of self is now foreground instead of obscured.

[Read Full Blog Post Here](#)



Meet the Teacher: Ben Centanni

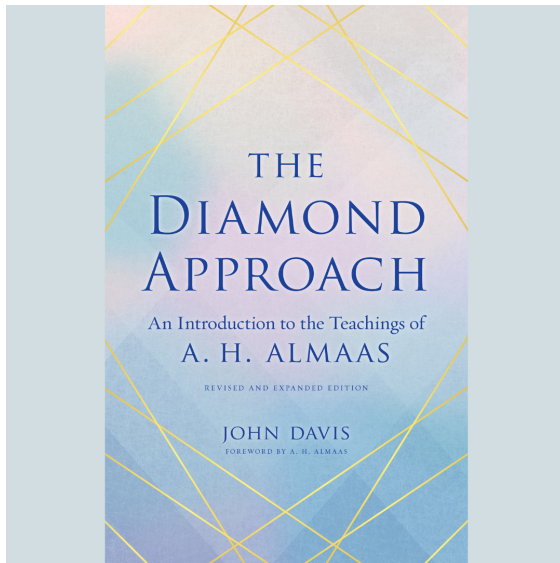
"The point of emphasis for me has always been to bring my realization, what I have learned from the Diamond Approach, into my life. In addition to being a Diamond Approach teacher, I'm also a public-school teacher. For me, teaching kids has been a wonderful complement to my spiritual path and work as a Diamond Approach teacher. I've discovered so many ways to connect with kids through presence that are catalysts for learning: The joy of discovery, curiosity, steadfast determination, the fiery boldness of the Red, the mystery of not knowing, and even work with the inner critic."

[Read More](#)

Ben Centanni is part of the teaching team for the Diamond Approach New Orleans group, which is open to new students. **[Learn more about upcoming events with DANO.](#)**

Interested in joining a Diamond Approach group? **[Browse all open Diamond Approach groups.](#)**

New Book Available

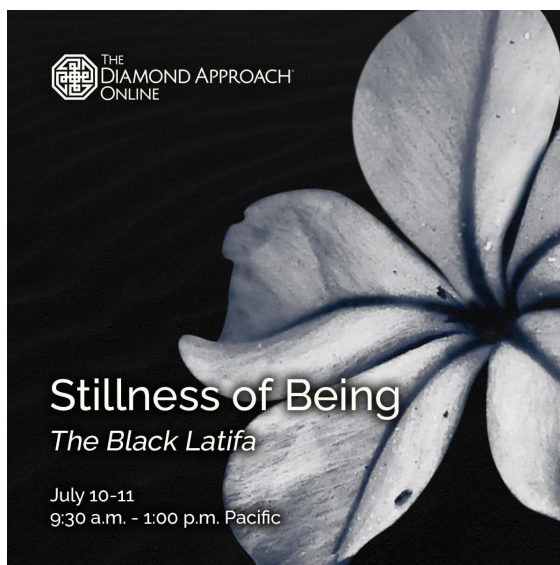


The Diamond Approach: An Introduction to the Teachings of A.H. Almaas

The Diamond Approach has been developed and taught over the last forty-five years by A. H. Almaas, who is widely recognized as a leader in the integration of spirituality and psychology. This book, the most concise introduction to the Diamond Approach available, is now revised and expanded to include the new teachings and perspectives that Almaas has developed since the turn of the millennium.

[Learn More](#)

Upcoming Diamond Approach Online Events

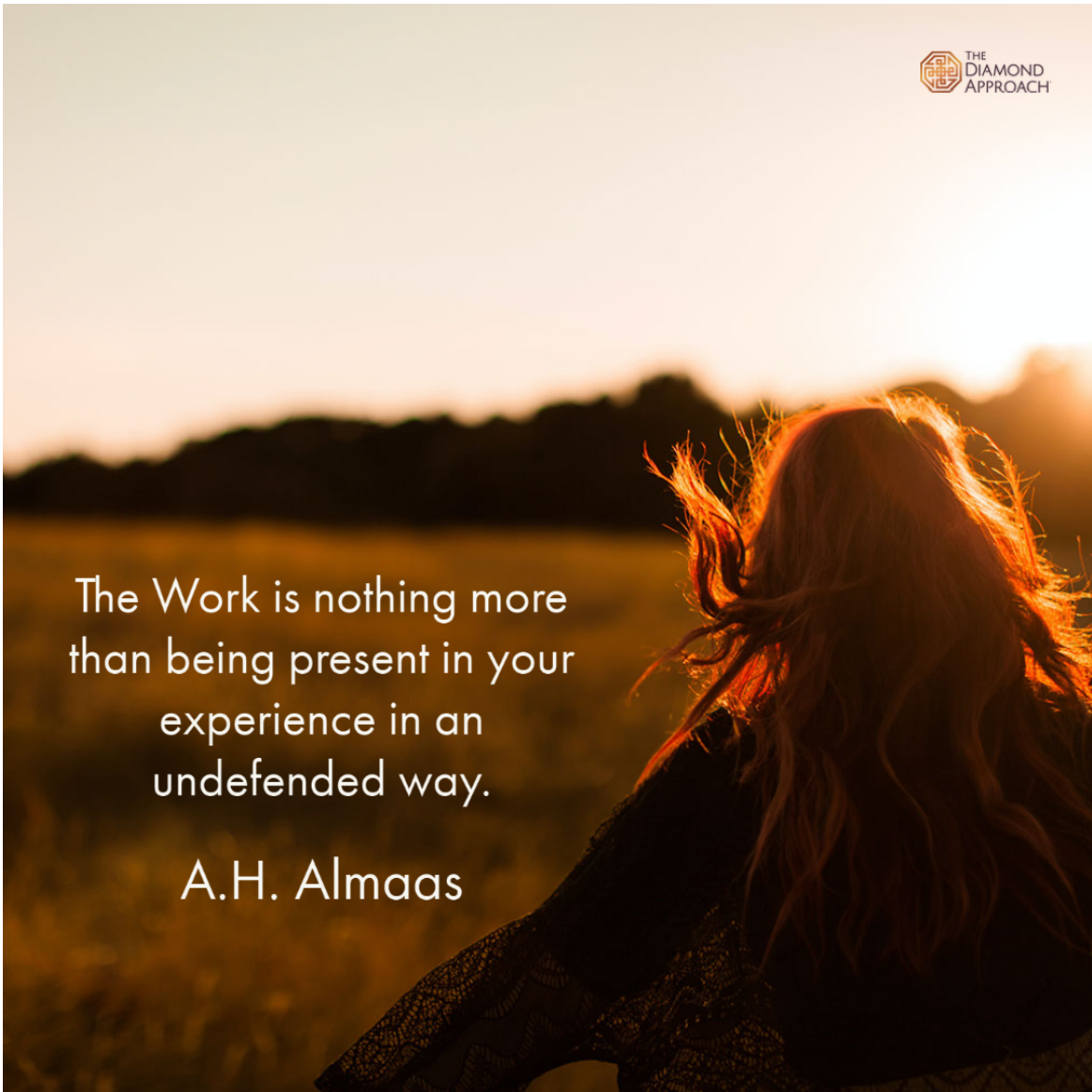


Stillness of Being

Teacher: A.H. Almaas

The world we live in can leave us feeling overwhelmed and collapsed, but the black latifa is what enables us to experience a profound sense of peace. Join us for this 2-day exploration as we confront our blocks to settling down and learn to live from a place of true stillness.

[Enroll here](#)



The Work is nothing more
than being present in your
experience in an
undefended way.

A.H. Almaas

Regional Diamond Approach Events

There are Diamond Approach events happening all across the world. Due to the coronavirus pandemic, many of our events have moved online. We are still listing our events based on the geographic location of our teachers, so click on the graphics below to find events in your area.

Want to receive specific news about Diamond Approach events happening in your area? [Sign up for our Regional Newsletters.](#)



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