

Liberating the Heart

Be Yourself – Everyone Else is Already Taken

Invitation to a series of 6 online weekend seminars

“ As we become more fully ourselves, the heart blooms with an innate warmth and clarity, expressing the truth of who we are with openness and grace.
– A.H. Almaas

Join us on a heartfelt journey of discovering who we truly are, becoming more completely ourselves and more fully human, through learning the fundamental principles of the Diamond Approach. Over the course of six weekends, we'll explore the practice of inquiry, deepening into our true nature while recognizing and understanding the primary obstacles and veils that hinder our authentic expression in life.

Each weekend introduces core teachings and practices from the Diamond Approach® path, thoughtfully designed to support our personal growth and the unfolding of our unique journey. Every session focuses on a key topic, offering valuable insights that illuminate our experience and help us navigate life with greater clarity and purpose.

Gradually, through this journey of maturation, we become freer and more spontaneous in being ourselves, with our hearts opening more fully and becoming more available. Our actions and expressions flow more naturally, and our lives and our relationships deepen, growing richer and more fulfilling.

The Diamond Approach® is a contemporary spiritual teaching. Its unique living path emerged from ancient spiritual wisdom and contemporary psychological insight. It offers powerful techniques and instruction on how to use immediate personal experience to explore and inquire into consciousness, the Self and the nature of reality. This exploration helps reveal the depths of who we really are, what reality is and how we can live in the now and in deeper connection with that revealed truth.



Dates and Themes:

1. **The heart of the Diamond Approach** – what's needed to guide us home
– Saturday, April 26 & Sunday, April 27
2. **Curiosity, openness & kindness** – unlocking the mystery of who we are via inquiry
– Saturday, May 24 & Sunday, May 25
3. **Being where we are – simple but not easy** – bringing us into the magic of the now
– Saturday, July 12 & Sunday, July 13
4. **The inner critic** – setting ourselves free from this major barrier to our freedom
– Saturday, September 6 & Sunday, September 7
5. **The child within** – understanding this obstacle to our maturity
– Saturday, October 18 & Sunday, October 19
6. **The way of the heart** – our compass to truth
– Saturday, December 13 & Sunday, December 14

Each meeting will include a practice period, a teaching, an exercise to inquire in smaller groups, and time for questions and comments with the teachers.

When: all meetings will take place on Zoom from: 10:00 am – 1:00 pm PT / 6:00 – 9:00 pm UK / 19:00 – 22:00 CET

Fee: £400/ €475/ \$500 for the complete series or £80/ €95/ \$100 for each single weekend.

The weekends can be booked individually. However, we warmly encourage you to book the complete series to fully benefit from the teachings. For participants booking the entire series, the teachings will be recorded and made available if any sessions are missed. Please feel free to contact us for further information.

Registration: For registration and further information please contact Murielle and Penny at: diamond.approach.groups@gmail.com

**Join our free introductory evening on March 16, 2025,
from 11 am – 1:30 pm PT / 6 – 8:30 pm UK / 19:00 – 21:30 pm CET**



Teachers: The workshops will be led by Diamond Approach teachers: Evelyn Birnbaum, Murielle Ades, Penny Kennington and Toni Goetting.

“Our love of the Diamond Approach path and our mutual flame for the Truth brought us together to offer these seminars.”