



THE DIAMOND APPROACH[®]

LIVING WITH TRUE SPONTANEITY & JOY

WHAT IS TRUE SPONTANEITY AND JOY?

HOW DID WE LOSE IT AND HOW CAN WE ACCESS IT?

In this weekend retreat, we will explore the nature of living with true spontaneity and joy, how it became blocked, and how to access it again. We will explore joy, lightness, playfulness, and spontaneity of the heart.

Join us as we examine the role of the heart on the spiritual journey and in life. This weekend will include presentations, meditations, movement and an opportunity to explore and integrate the material through your own process.

The Diamond Approach to self-realization is a contemporary spiritual path integrating the teaching practices of the ancient wisdom traditions with modern depth psychology. Developed by Hameed Ali, it is an ever-evolving teaching that emphasizes the realization and living of our True Nature "in the world."

OCTOBER 26-28, 2018

**7:00 p.m. Fri. 10 - 5:30 p.m. Sat & Sun
HOUSTON, TX**

LOCATION: Spectrum Center at The Preserve,
2060 N. Loop West, Suite 205, Houston TX 77018

COST: \$230 CC, 225 check (\$205 CC, \$200 check
register before 10/1/18)

TEACHERS: Chuck and Annette Anderson are
teachers in the Ridhwan School, home of the
Diamond Approach. They live & teach in Texas.

REGISTRATION: Annette Anderson, 214-274-7060.
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<http://diamondgulfcoast.com/registration/>