



THE DIAMOND APPROACH®

Witnessing

"Inquiry requires that we dive into experience but continue to be aware and present while in the middle of it...We can't just be distant observers; we can't just look at experience as if it were a movie. Many spiritual experiences of transcendence or oneness are similar to watching a movie; but that's not inquiry yet, that's impersonal witnessing. For there to be personal inquiry, the witnessing must occur in the middle of experience—in contact with it—not outside it. We continue to witness, but we're in the middle of it. Our witnessing is embodied."

-A.H. Almaas

Witnessing Ourselves with Kindness

Meditation teachers often help students develop an observing "I" that is detached from daily life—as if life's ups and downs were being neutrally witnessed from a distance.

Therapists, for their part, can help patients develop an observing self (an ego) that helps them manage life's ups and downs and function more successfully. Both approaches to witnessing have value, yet they often fall short of supporting us to embody and function from the depths of our spiritual nature.

In the Diamond Approach, as Diamond Approach founder A. H. Almaas has written, "with the emerald green of Loving-kindness, consciousness becomes an awareness that touches and feels, that knows through intimacy. The inherent knowledge of Being now has an extra dimension, a new kind of depth and fullness, that makes the discriminating awareness full of aliveness and tenderness."

[Read Full Blog Post Here](#)

Meet the Teachers: Kornelia Schneider



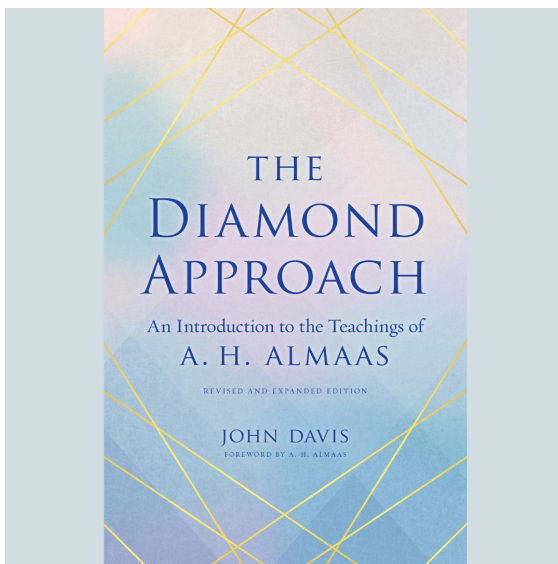
"The Diamond Approach is open-ended and respectful to every other path. You can have a realization, but you don't take it completely seriously—it is one realization among many possibilities. It has this kind of open-endedness, and also there's humility and simplicity because it's just one realization among many."

[Read More](#)

Kornelia Schneider is part of the teaching team for the new English-speaking international group, Diamond Heart Europe 4, which is open to new students. [Learn more about this group.](#)

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

New Book Available

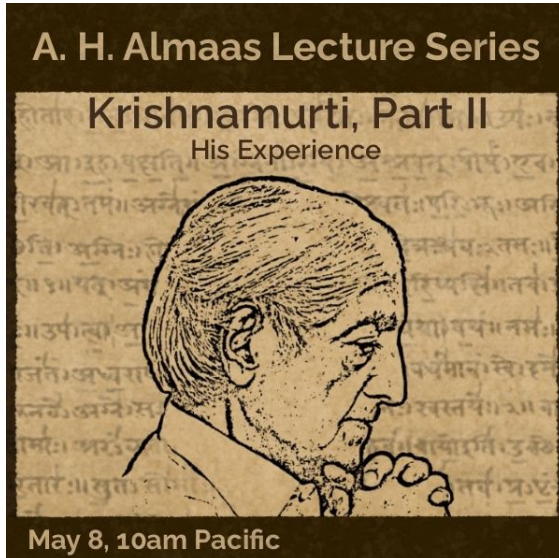


The Diamond Approach: An Introduction to the Teachings of A.H. Almaas

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 Events



Krishnamurti Part II. His Experience

A.H. Almaas's third lecture of 2021, to be held **May 8 at 10am Pacific**, will explore Krishnamurti's inner experience, including the headache that lasted most of his life, and the possible reasons for it. His was an unusual kind of spiritual transformation, which will be instructive for many these days, for it points to uncommon kinds of spiritual potentialities.

[Learn More and Register Here](#)

Upcoming Diamond Approach Online Events



Will to Be

Teacher: Christof Bosch

What most of us think of as free will is actually a way of trying to control situations based on early reactions to helplessness. Join us for this 2-day event as we discover that in challenging these patterns, we come closer to the quality of true will, where our actions don't merely feel free, they are free.

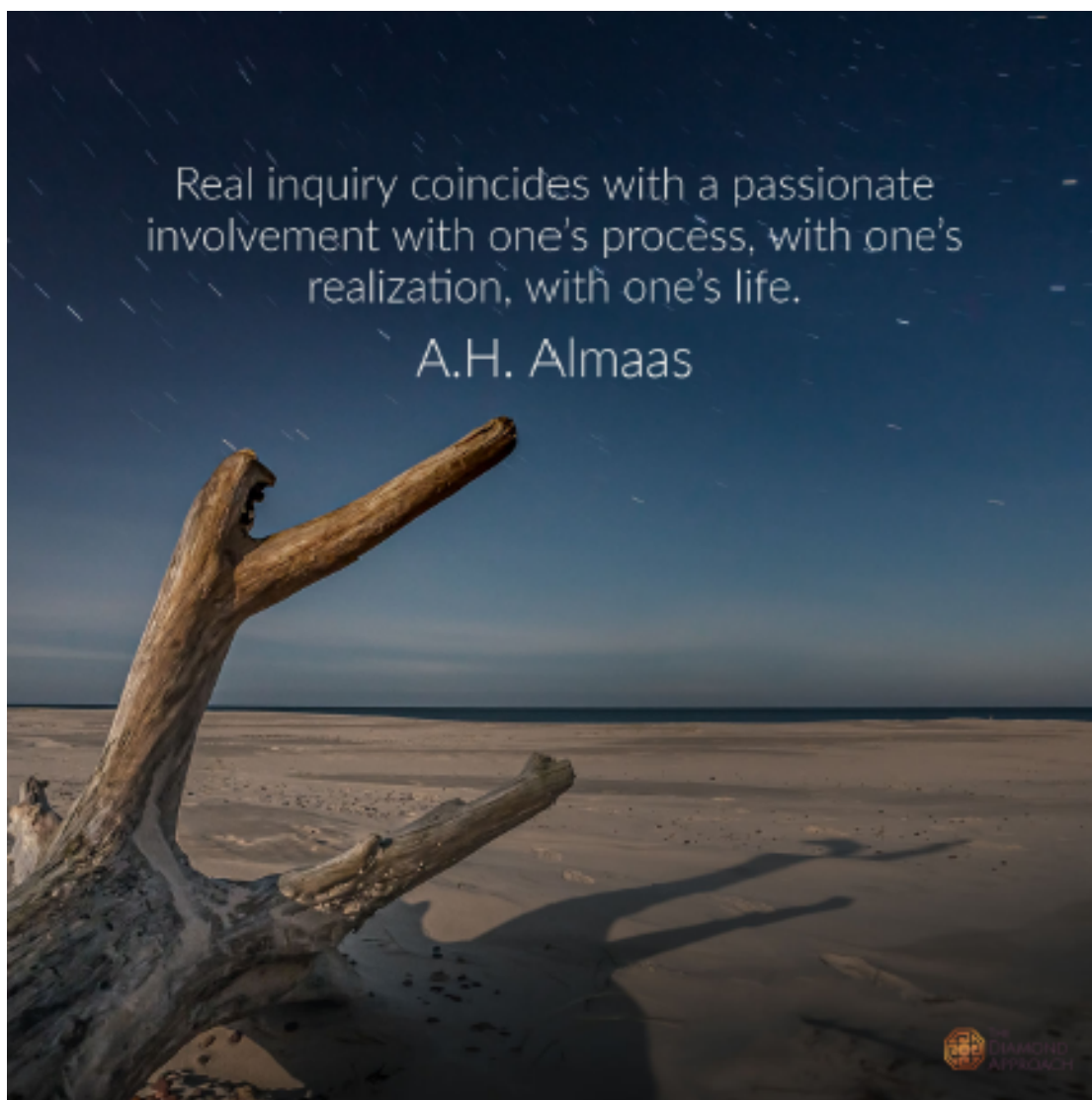
[Enroll here](#)



Online Diamond Inquiry™ Online Groups

Deepen your inquiry practice with the support of a small group and an ordained Diamond Approach teacher.

[Learn More](#)



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.](#)

