



THE DIAMOND APPROACH®

The Way of Diamond Inquiry™

"The Diamond Approach is an open and open-ended inquiry into the various elements of our experience and its patterns. When that diamond inquiry is sincere and intelligent, it is bound to encounter the aforementioned inner barriers against the free unfoldment of the soul. Challenging such barriers by questioning them leads to the insightful and directly felt comprehension of these barriers. In this way, diamond inquiry and understanding penetrate the barriers and open up our soul to the still-unknown possibilities sleeping in its depths."

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

In a world that is full of distractions and noise, meditating helps us settle into the depth of our being. But meditating isn't useful when we must dance with the hustle and bustle of life—unless we interweave it with a practice that reveals our conditioning and hones our understanding of our day-to-day lives.

In the Diamond Approach, Diamond Inquiry is such a practice, using our innate capacity for discernment and discriminating intelligence and bringing them to bear on our direct, lived experience.

[Read Full Blog Post Here](#)



Meet the Teacher: Sarala Jungclaussen

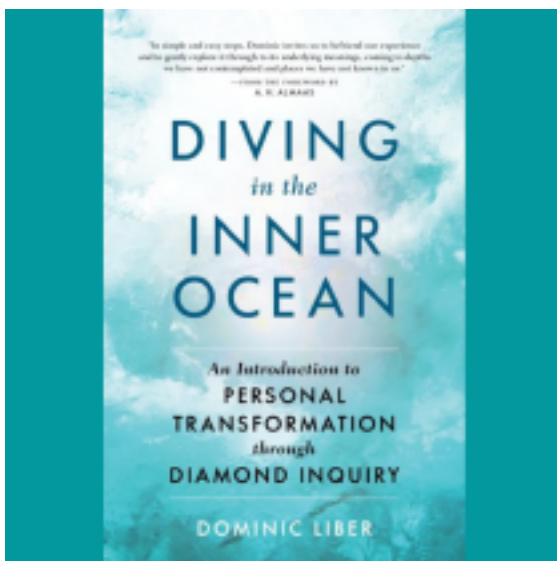
"The DA offers many perspectives, which is really the totality. In being so open, it invites us, gives us a container for also looking at our drives, our instincts. Usually with what we see in the world, there are two ways we relate to it: we identify with it, which means we act it out, or we repress it, which basically means it just leaks out. And at different times we do different things. The Diamond Approach is a corrective for that, in helping us see, inviting us to be with our experience and to deepen our understanding more, and bringing us closer to ourselves, beyond outdated images, into more aliveness and truth."

[Read More](#)

Sarala Jungclaussen is part of the teaching team for the Diamond Approach South Africa group, which is open to new students. [Learn more about upcoming events with the new South African group.](#)

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

Coming Soon



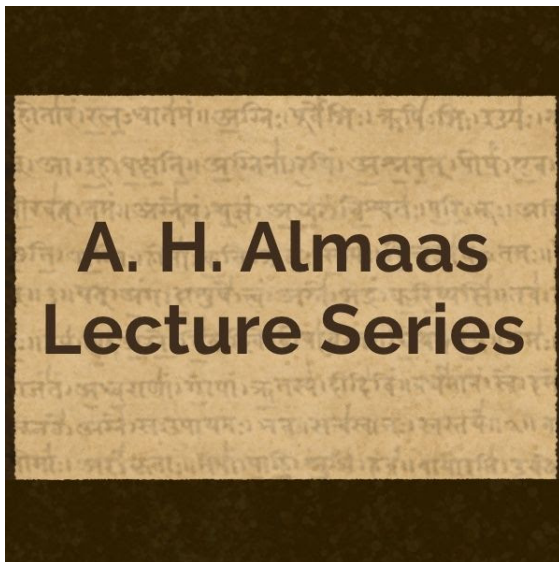
Diving in the Inner Ocean: An Introduction to Personal Transformation through Diamond Inquiry

Much like the ocean, each of us has inner depths: an entire world beneath the surface of everyday living, pulsing with beauty, life, and mystery. Learn to unlock your hidden potential with this practical and approachable introduction to Diamond inquiry - the main practice of the Diamond Approach.

Use the code DIO30 on
Shambhala.com to save 30% on
pre-orders through August 31, 2021.

[Pre-Order Here](#)

The A.H. Almaas Lecture Series



Save the Date: A.H. Almaas Lecture Series

Part Two of the A.H. Almaas Lecture Series begins on September 18. Almaas will deliver three more lectures, on the spiritual teachings of Advaita Vedanta, Dogen, and Dzogchen.

[Learn More](#)

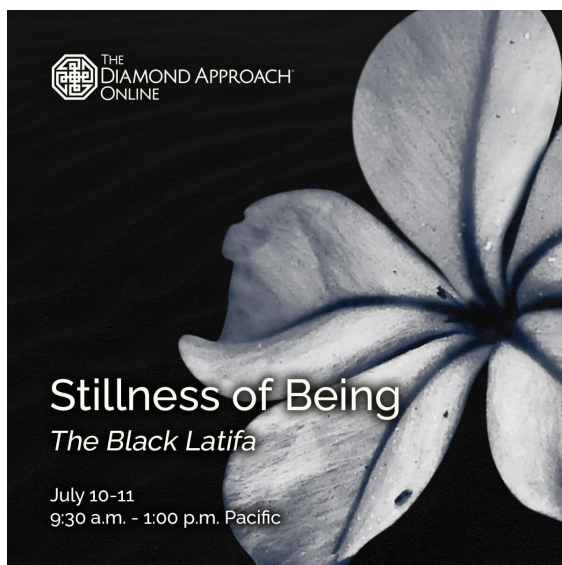


A.H. Almaas Lecture Series Part 1 Recordings

The recordings from Part One of the A.H. Almaas Lecture Series, discussing Nisargadatta and Krishnamurti, are available on the [series registration page](#) or our [public blog](#).

[Access the Recordings Here](#)

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](#)

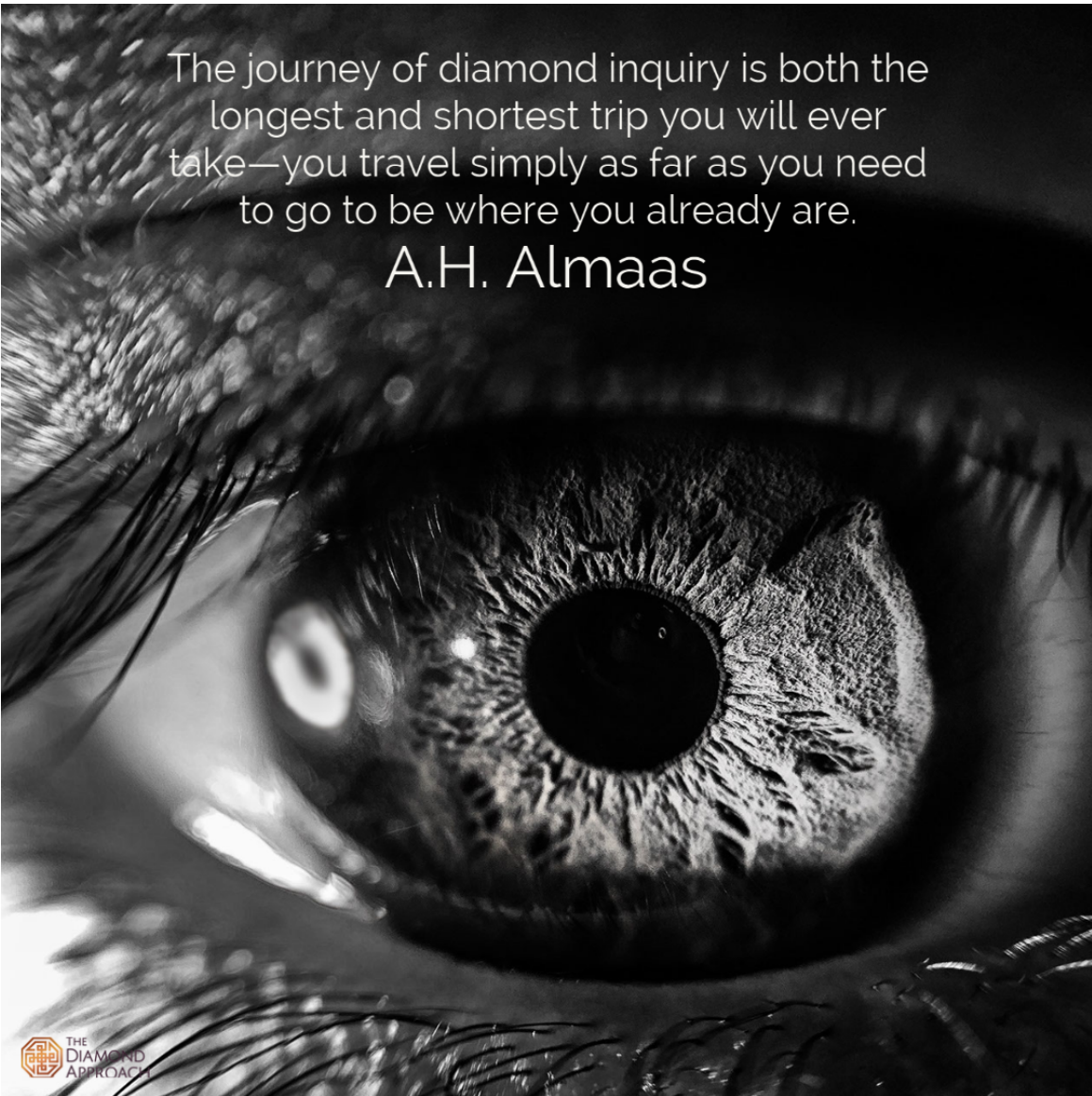


Secret Treasure of Loving-Kindness

Teachers: Karen Johnson and Zarina Maiwandi

Our biggest hurdle to understanding the mysteries of the heart is our inability to experience pure, unconditional compassion, which is the only quality that can actually transform it. Join us for the final weekend in the Lightness of Being series as we explore the green latifa and come to appreciate our pain for the portal that it is.

[Enroll here](#)



The journey of diamond inquiry is both the longest and shortest trip you will ever take—you travel simply as far as you need to go to be where you already are.

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.](#)

Upcoming Public Events in
ASIA

Upcoming Public Events in
**Australia and
New Zealand**

Upcoming Public Events in
**Europe
and the UK**

Upcoming Public Events in
South Africa

Upcoming Public Events in
US Midwest

Upcoming Public Events in
**US Northeast &
Eastern Canada**

Upcoming Public Events in
**US South and
Mexico**

Upcoming Public Events in
**US West &
Western Canada**

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Send your comments or questions to
outreach@ridhwan.org.