



THE DIAMOND APPROACH®

September 2019 Newsletter

Conscious Relating



Long-time Ridhwan teachers and married partners Bob Ball and Jeanine Mamary are leading a three-hour seminar Sunday, September 8, at 10:00am Pacific/ 1:00pm Eastern/ 7:00pm CEST.

Through [Exploring Conscious Relating](#), you'll receive guidance on how you can work with the three centers of head, heart and belly, to become more conscious in all your relationships, including those with your friends, relatives, partner, colleagues, and yourself.

Meet a Ridhwan Teacher



Meet Gina Crago, who is based in Colorado and accepting new students.

[Learn more about Gina.](#)

The Diamond Approach is taught by Ridhwan teachers, who are also ordained ministers. Teacher/ministers are trained by the Ridhwan Foundation through a rigorous ten-year program.

[Read more about the Ridhwan School and its teachers.](#)

What the Diamond Approach Means to Me



"What the Diamond Approach Means to Me" is a video series featuring teachers and students of the Ridhwan school sharing how the Diamond Approach teaching has transformed their lives.

Free Online Event with A.H. Almaas



September 15 | Online

[A New Contribution to Spirituality: The Diamond Approach Path](#)

Teacher: A. H. Almaas (Hameed Ali)

Designed for those new to the Diamond path, this free webinar is on Sunday, September 15. The topic is Transcendence vs. Transformation.

We're Hiring!

We are pleased to report the Ridhwan Foundation has a new donor-funded position to help build the leadership capacities within our organization.

Read more about the position [here](#).



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Forward

Diamond Approach Online

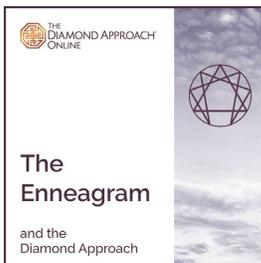


September 8 | Online

[Conscious Relating](#)

Teachers: Bob Ball and Jeanine Mamary

Explore all types of relationships in this upcoming online seminar. Improve how you relate to others by uncovering unconscious patterns.



October 6 | Online

[The Enneagram](#)

Teacher: Sandra Maitri

Learn about the Enneagram from Sandra, who studied this transformational system with Claudio Naranjo, M.D.



Now enrolling | Online

[Online Inquiry Groups](#)

Teacher: Varies depending on inquiry group

New online inquiry groups start October 1. Capped at 12 participants, your group is a supportive “landing pad” for growing your community and integrating spiritual understanding with practice at the deepest level.



On Demand | Online

[Introduction to the Diamond Approach](#)

Led by Hameed Ali, Jeanne Rosenblum, Zarina Maiwandi, and Rob Merx

A 6-week course designed for those new to the Diamond Approach. The course explores three core practices of the path including meditation, sensing and inquiry.

Ways to Engage

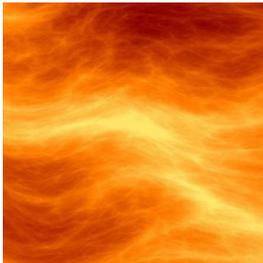


September 1 | Amsterdam, Netherlands

[De Rode draad in Inquiry](#)

Led by Kyo Verberk, Bregytta Rooney, Marko Rinck and Robbert Verschuur

Het programma bestaat uit meditatie, lichaamswerk, lezingen en verschillende vormen van Inquiry. We maken gebruik van teksten van Almaas uit Spacecruiser Inquiry.



September 3 | Berlin, Germany

["Essentielles Sein – die Bedeutung des Lebens"](#)

[Buchgruppe](#)

Led by Gisela Bast

Selbsterkundung, Meditation und Texte aus dem Buch "Essentielles Sein" von A. H. Almaas begleiten uns durch diese Abende.

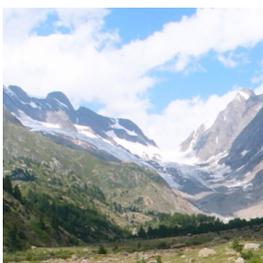


September 5 – 8 | Ottawa, Canada

[Diamond Approach Ottawa – Essential Strength](#)

Led by Lisa Barrett, Carolyn Cerame and Rob Merckx

We will be working with the essential qualities of inner strength, clarity, discriminating awareness, courage, aliveness, and the innate beauty of our true nature.



September 6 – 8 | Rüşchlikon, Switzerland

[Diamond Approach Wochenende in der Schweiz](#)

Led by Silvia Burkart and Odile van Eck

An diesem Wochenende stellen wir die Qualität des essentiellen Mutes in den Fokus. Essentieller Mut ist eine Unterstützung uns von alten Mustern zu trennen.



September 7 | Watertown, Massachusetts
[Green Essence – The Compassion to be Real](#)
Led by Stephanie Kenen and Gregory Knight

Compassion is necessary for a life of true sensitivity, warmth and love. This natural response helps us be present with pain, develop trust, and deepen within.



September 7 | Online
[New Online Inquiry Group Series](#)
Led by Ilene Buchalter

This five week online inquiry group is welcoming new and returning members.



September 7 | Köln, Germany
[Praxistag](#)
Led by Christa Jonas and Tanja Weigmann

Wir benutzen verschiedene Formen der Praxis, als Führung, Orientierung und Unterstützung, um unsere wahre Natur.



September 7 – 8 | Amherst, Massachusetts
[The Compassionate Heart](#)
Led by Leah Chyten, Parvati Grais, Nancy Joly and Elizabeth Slayton

Nothing transforms without being understood, welcomed and loved. Compassion is the quality that allows this to happen.



September 9 | Online
[Free Webinar – Orienting to the Truth Means Being Where You Are](#)
Led by Gregory Knight and Gina Crago

What's happening right where we are, in our personal, immediate experience, is the key to discovering the truth about Presence and our inner nature.



September 13 – 15 | Cape Town, South Africa

[True Inner Support Weekend](#)

Led by Dominic Liber and Sara Jungclaussen

Dive into the ocean of your inner world to explore the fundamental question of support, in life and on the inner journey.

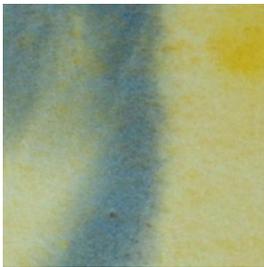


September 13 – 15 | Chester, Connecticut

[On Being in Relationship](#)

Led by Jeanine Mamary and Bob Ball

Learning to engage in our various relationships mindfully and with an open heart, while remaining grounded in the truth, becomes a path towards genuine contact.



September 13 | Köln, Germany

[Köln Meditation](#)

Led by Christa Jonas and Oliver Schumann

Meditation ist eine verbreitete spirituelle Praxis zur Vertiefung von Gewahrsein. Auch im Diamond Approach gehört sie zu den Zugangswegen.



September 14 | Online

[Free Webinar – Acceptance: Relaxing into Being Ourselves](#)

Led by Jill Davey

We will explore Value from the point of view of Value as being a quality of presence that is independent of the mind and of the past.



September 14 – 15 | Berkeley, California
[The Power and Magic of Being Benefit Retreat](#)
Led by Eugene Cash and Jeanne Rosenblum

We will inquire into our experience of the Power and Magic of Being; how it touches us, what defenses and ideas are barriers, and how surrendering reveals Magic.



September 15 | Copenhagen, Denmark
[Free Yourself From Your "Inner Critic"](#)
Led by Mette Ulsø

This book group will meet for 4 Sundays and will be conducted in Danish. The book [Soul Without Shame](#) by Byron Brown will inform the group and the discussion.



September 15 | Online
[Webinar – Inquiry: Real Strength and Courage](#)
Led by Ilene Buchalter and Noell Goldberg

Inquiry, the central practice of the Diamond Approach, needs the inner strength and courage of the Red essence, which gives us the capacity to meet life's challenges.



September 16 | Berlin, Germany
[Essentielle Befreiung–Der diamantene Weg des Herzens](#)
Led by Sarala Jungclausen

Diese Buch- und Praxisgruppe beinhaltet Meditationen und die Möglichkeit, die Erkundung (Inquiry), eine der Kernpraktiken des Diamond Approach, zu praktizieren.



September 20– 22 | Johannesburg, South Africa

[True Inner Support Weekend](#)

Led by Dominic Liber and Sara Jungclaussen

Dive into the ocean of your inner world to explore the fundamental question of support, in life and on the inner journey.



September 21– 22 | Auburndale, Massachusetts

[Diamond Approach Boston 4 Weekend – The Soul](#)

Led by Andreas Mouskos

We will continue to deepen our experience of the soul and its possibilities for growth and development, and explore the structures that can get in the way of this potential.



September 21 | Berkeley, California

[CADH10 September 2019 Daylong](#)

Led by CADH10 Teaching Team

DH10 Big Group Meetings are open to all those truly interested in joining this local Diamond Approach group. No prior experience is needed to register.



September 21 | Utrecht, Netherlands

[Leven Zijn, bevrijd je levensenergie uit handen van de innerlijke criticus](#)

Led by Odile van Eck and Alex Adler

In de training leer je hoe je jouw levensenergie kunt bevrijden uit de handen van de innerlijke criticus.

[View more of our upcoming public events](#)
