



A Diamond Approach®

Open House

"Showing Up in your Life"

with Thomas Weinberg

Thursday, September 14, 2017 • 7–9:30 pm
1048 Martin Place, Ann Arbor, MI 48104

This will be an introduction to *The Diamond Approach*, a contemporary spiritual teaching. The evening will consist of meditation, a short talk and a personal inquiry, which is one of the unique practices of The Diamond Approach.

The Diamond Approach is a path of exploration of the self to arrive at the nature of the self and one's true nature. It is a unique path to self-realization, developed in our time over the last 30 years by A.H. Almaas

This path uses the findings of general psychology, ego psychology, depth psychology and other "modern" sciences as well as the mystery of the ancient traditions.

The Open House will feature a talk by Thomas Weinberg, a Toronto-based Diamond Approach teacher, via remote video connection. After that, there will be an opportunity to practice inquiry, a central practice of the Diamond Approach.

Following that, there will be a Q-and-A session with a discussion of practice opportunities in Toronto and Ann Arbor.

Local Diamond Approach teacher, Lou Weir, will lead a short meditation at the beginning of the evening and also be available for questions at the end of the evening.

The evening is hosted by Judy Freedman, a Diamond Approach student, at 1048 Martin Place, Ann Arbor 48104. **There is limited space so please email Judy at freedmanjudy@gmail.com to register.**

There is no fee for this event. Space is limited, so please register by emailing Judy at freedmanjudy@gmail.com.

"In the Diamond Approach we see every feeling, every emotion, every experience as Sacred. Through this Work, we can develop a capacity to be fully present with whatever emerges, in a very direct and immediate way. For instance, as we hold space for anger, then anger can transform into strength, the discouragement and hopelessness can yield to a sense of true confidence. Real transformation is possible because in this Work, we value truth and curiosity above everything else.

Through these inherent qualities of our True Nature we can better meet the difficult issues that face us during these challenging times with compassion and a clear understanding"

*~Thomas Weinberg, Teacher
Diamond Approach Toronto*