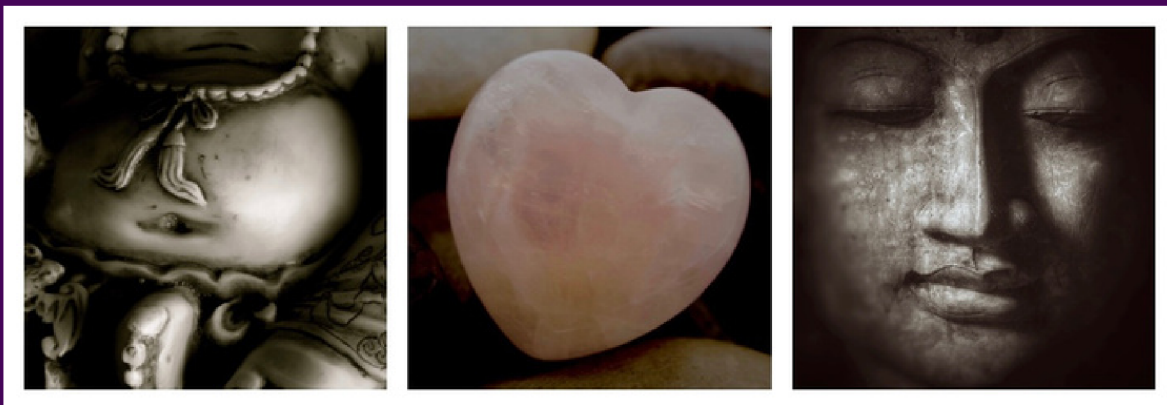


# The Three Centers of Embodied Spirituality



*The body has subtle centers at the belly, heart, and head. The functioning of these centers can be obscured or limited by structures that formed as part of egoic experience, or through our conditioning to focus on only the physical realm. When the belly, heart, and head centers are clarified and developed, we experience enhanced capacities of sensing, action, feeling, perception, and knowing. A. H. Almaas (founder of the Diamond Approach) said, "The true human being is how the whole universe is going to know itself." Awakening and embodying these three centers is part of that process.*

*This online teaching, led by Diamond Approach teacher Anne Hoff, will take place twice a month on Wednesday evenings in February, March, and April. It is suitable for those new to and curious about the Diamond Approach, as well as current students of the path.*



Wednesdays, 6:30-9:00 pm Pacific time - Online  
February 8 & 22; March 15 & 29; April 12 & 26



Sliding scale fee for US students \$180 - \$250

Sliding scale fee for Canadian students CAD\$130 - \$180

Registration: [innerjourney@mac.com](mailto:innerjourney@mac.com)