



# THE DIAMOND APPROACH®

DIAMOND APPROACH NEW ORLEANS

## THE GIFT OF ALLOWING

**DO YOU EVER MANIPULATE YOUR EXPERIENCE TO AVOID PAIN AND MOVE TOWARDS PLEASURE?**

This image of the full moon, casting its light upon the water is interesting. The water simply receives the moon's glow, without attempting to manage it.

**Allowing is like this:** *it invites our experience to be whatever it is... peaceful or raging, hopeful or despairing.*

Right now, for many of us humans, it's not so easy to be allowing. So much is coming at us from so many directions. Our world is hurting, and so are we. It can be so tempting to do whatever we can to manage, manipulate, reject, and then reject our rejection.

*And yet, we each have the potential to turn toward, and simply allow whatever is happening.*

In the Diamond Approach, we use the practice of Inquiry to support us in allowing our difficulties, fears and anxieties. *When we do, we come closer to ourselves and our compassion, which can lead us to a deeper love of all of who we are.*

There will be an opportunity for experiential exercises, personal inquiry, and a group discussion.

**This Public Talk is hosted by DANO (Diamond Approach New Orleans) - currently open to new members.**



**AUGUST 14, 2022**

**Sunday - 2:00 - 4:00 p.m. CT**

**LOCATION:** Online

**FEE:** No Charge

**REGISTRATION:**

**<https://us02web.zoom.us/meeting/register/tZctfuiuqD4sH9RjHSWgbE6Y45zS1g6XB4T0>**

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**TEACHER:**

**Annette Anderson** has been a student of the Diamond Approach since 2004 and a teacher since 2014. She has taught and assisted groups in Texas and online with the Ridhwan School. She lives near Dallas Texas.

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