

# *DIVING IN THE INNER OCEAN*

## A Book Study Group for Diamond Inquiry

We have all had a great time so far with the book group. We have decided to continue our study and open it up for newcomers to join for the second half. You simply have to catch up by reading the first 6 chapters by the first meeting on April 17th. If you like to join or have further questions please contact us or sign up. We would love to have you!

Within each of us lies a vast inner world, and learning to explore this world begins with being present to whatever is unfolding within us in the moment—whether that’s a physical sensation, a feeling, or a relational issue. By going inward, we discover a path through obstacles towards greater freedom and love.

In this book group, we’ll teach the skill of Diamond Inquiry, the central practice of the Diamond Approach. You’ll be guided on this sacred journey through simple, step-by-step techniques to work with the personality and connect with our Essence and True Nature. We’re thrilled to have you join us as we dive into the depths of our spiritual being! All humans from all walks of life are invited.

Intrigued? Join Diamond Approach teachers Satya Gita Aune and Willem Overwijk for an introductory yet in-depth practical exploration of Inquiry. We will gather in an intimate, in-person setting to learn and explore through a combination of meditation, teaching, experiential exploration, and discussion. This is an excellent opportunity to get a flavor of the Diamond Approach, or for those who are familiar with the teaching to dive in more deeply, all in the context of an informal, interactive group of fellow lovers of Truth.

**Book:** “Diving in the Inner Ocean” by Dominic C. Liber – Chapters 7-13

**Dates:** April 17, May 1st, 15th, 29th, June 12th, 26th and July 10th

**Time and Place:** 7 PM at 2745 10th street, Berkeley, CA 94710

**Fee:** \$150-300 sliding scale. Your generosity helps those with limited means to participate. No one will be turned away for financial reasons; please contact us to discuss support options.

**Contact for more information:** Please contact Satya at [satyagita@icloud.com](mailto:satyagita@icloud.com) or call 707-295-6520

**Register:** sign up by making a payment here <https://satyaaune.com/retreats-events/book-group>

### Your facilitators:



I’m Satya Gita, a teacher of the Diamond Approach. Freedom has been a big topic throughout my life. Starting at the age 14 watching the movie “Flashdance”, I felt the spark to be free. My inner flame was ignited and I took the first leap leaving Norway at age 19. I have been travelling in the outer and inner world ever since. Exploring the mystery of truly being a human and the journey towards liberation. I have been working with people for decades and love witnessing the uniqueness of each soul being unpacked and discovered through the barriers with kindness and love.



I’m Willem, a teacher of the Diamond Approach. Born and raised in the Netherlands, I realized early on that I was not “getting” something essential about life. This sparked an extensive journey into humanity’s wisdom traditions until I found my home in the Diamond Approach. I currently live and teach in San Francisco and sometimes with my husband Bert in Hana, Maui. Drawing on my background as a an academic cancer researcher and biotech executive, I blend the scientific method with my love for the awesome richness and mystery of our Being.