



# Diamond Approach® Ottawa Montreal 2 WISDOM OF THE 3 CENTRES

## An Introductory Online Diamond Approach Retreat

The Head, Heart, and Belly are subtle centres within our individual consciousness, sometimes referred to as subtle organs of perception and action. When these centres are opened and activated, they help guide one's soul to deeper realms of our True Nature. In this retreat we will work to understand and open each centre, through Diamond Inquiry®, sensing, and meditation practices.

**The Belly centre** is where the soul meets the ground of the earth. It helps to ground our realization and deepen our connection to our body, and allows us to function more optimally in the world.

**The Heart centre** brings qualities of attunement, sensitivity, empathy. When the Heart centre is open, we taste life to its fullest.

**The Head centre** is fundamentally the centre of awareness, discrimination, and understanding. When the head centre is open and able to freely engage experience we feel we are free of historical perspectives, positions, and identification. We can then become open to the mystery of who and what we are.

**DIAMOND APPROACH OTTAWA MONTREAL is now forming a NEW ONGOING RETREAT GROUP (DAOM2).** The group will meet mainly online with one annual in-person retreat. The retreats will introduce the foundational teachings of the Diamond Approach, including meditation, body-based practices, experiential exercises and Diamond Inquiry®.

**DATES:** July 18, 2025, 2:00pm - 5:00pm ET; July 19 and 20, 2025 9:30am - 12:30pm ET, 2:00pm - 5:00pm ET  
(90 min. break for lunch)

**COST:** \$285 CAD + provincial tax, \$225 USD, €200 Euro + btw

**CONTACT:** For registration and further information please contact [daom2.info@gmail.com](mailto:daom2.info@gmail.com)

**LOCATION:** An Online retreat

*"I wish I could show you, when you are lonely or in darkness,  
the astonishing light of your own being." Hafiz*

Please visit [www.da-om.org](http://www.da-om.org) to learn more.

The Diamond Approach® is a path that engages and leads to the discovery, development & preservation of the Human Essence.

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