



The Unfolding Now ~ Book Group

Realizing Your True Nature through the Practice of Presence

Real life is happening in the present moment. What makes it possible to access the present moment more fully? The Unfolding Now by Diamond Approach founder A.H. Almaas is a book that explores just that and reveals how our everyday lives are directly connected to spiritual realities. In realizing these truths, we discover deeper fulfillment and richness in our lives.

This book group with Jamie Baldwin is an opportunity for people to find out more about the Diamond Approach and to explore the profound art of self-inquiry and what it means to practice presence.

Join us for a journey through The Unfolding Now. We will begin with the first six chapters of the book over the course of six weekly in-person meetings in Portland, Oregon. These meetings will include meditation practices of the Diamond Approach, a talk from the readings by the teacher, exercises to inquire into the week's topic, and time for further exploration through questions and discussion.

A message from the teacher:

I'm Jamie Baldwin, a teacher of the Diamond Approach in Portland, Oregon. I have experienced great benefit from being on this path and look forward to meeting you. Let's see what we find out!

Dates/Time:

Wednesdays 6:30-8:30 pm

Aug. 6, 13, 20, 27; Sept. 3, 10

Fee:

\$150 (sliding scale available)

Location:

**15962 Boones Ferry R., Suite 100,
Lake Oswego, OR 97035**

**Information/registration: email
jamiefbaldwin@gmail.com**