



Heart of Life

*Three weekends exploring the Heart of Life
through the central practices of the Diamond Approach*

Oriented by a love for truth we practice presence and open-ended inquiry through physical sensing and verbalizing our moment-to-moment experience.

Each weekend we will explore one aspect of our nature, which we call an *essential aspect*. These essential aspects are not an object within ourselves, but the true nature of who we are. We sense our true nature sometimes when we are relaxed or feel real, when we have an important breakthrough, or when we are not pretending to be one way or another.

These three weekends are introductory weekends to learn more about the *Diamond Approach*.

The Diamond Approach is a path of wisdom, an approach to investigating reality, and a method of working on oneself that leads to increased understanding and liberation. It is a spiritual path that grew out of, and in response to the needs of those leading ordinary lives in our current Western culture.

Based on the work of A.H. Almaas, it bridges the traditional dichotomies of the psychological and spiritual, the body and soul, the mundane and divine. Its orientation to personal experience opens our awareness, giving us access to dimensions of reality that have traditionally been available only to a few.

Courageous Heart

Kyo Verberk & Robbert Verschuur

The courageous heart is willing to step out of the familiar and out of what is comfortable. It has the strength and courage to follow how life is changing, unfolding and optimizing. Sometimes when we feel withdrawn or bored, it takes courage to go beyond the limits we set in our mind, heart and body and move beyond frustrations and reactivity which limit the aliveness in our life. Learning about the courage of the heart aligns us with the life force which can feel like: 'This is my life, I am living it, I love it'. When we are in touch with the thrill of life, we want it, even if it is scary.

September 23-24 (2017)

Loving Kindness

Kyo Verberk & Marko Rinck

When we are in touch with the life force it also provides the sensitivity we need to attune to what really matters to us at the moment. This is the aspect of our nature that functions as loving kindness. It gives our inquiry an empathic compassionate

precision. Our open ended inquiry is then attuned to the pain of the soul, to her suffering and needs, and to her interests and loves. When inquiry addresses exactly where we are, our heart can respond in new and unexpected ways.

November 4-5 (2017)

Heart's Desire

*Kyo Verberk, Robbert Verschuur
& Marko Rinck*

In this weekend we explore the desires of our heart which control our life. We explore the tendency of our mind to tell us what we love. And we move out and away from the intimacy of our heart to get what we want. The true heart's desire is not about wanting something from the outside, it is not trying to satisfy something or remove something. It has a selfless generous quality. The language of the heart moves us and touches us deeply. It is pure, free from content. The sacred impulse of the heart is 'I want'. Allowing this pure innocent wanting brings joy and fulfillment.

January 13-14 (2018)

These weekends are open to the general public, as well as all existing group members in the Ridhwan School.

People new to the Diamond Approach will have priority in case of limited space.

Price: € 180 per weekend.

Times: Saturday & Sunday 10.30-18.00.

The weekends are taught in English.

The exercises can be done in Dutch.

Location & registration:

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More info:

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