



# DIAMOND APPROACH® OTTAWA

## AWAKENING THE 3 CENTRES

### A Diamond Approach Seminar

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 seminar we will work to understand and open each centre, through 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, bringing a lived Presence and practicality to our lives.

The **Heart centre** brings attunement, sensitivity, empathy, and the capacity to feel one's emotions and qualities of essence. 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 it is open and able to freely engage experience, it is characterized by a complete open-mindedness, where we feel we are free of historical perspectives, positions, and identification. Then we can become open to the mystery of who and what we are.

**DATES:** June 28, 29, & 30, 2019

- **Friday, June 28** 6:30pm – 9:30pm  
(registration begins 5:45pm)
- **Saturday, June 29** 9:30am – 5:30pm
- **Sunday, June 30** 9:30am – 5:30pm

**LOCATION:** Saint Paul University  
223 Main Street, Rm L142  
Ottawa, ON K1S 1C4

**COST:** \$425 + HST  
\$300 + HST Full-time students

**TEACHERS:** Lisa Barrett and Carolyn Cerame

**CONTACT:** For registration and information,  
please contact Lisa Barrett at  
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**ADDITIONAL DATES:**

- 2019: Sept. 5, 6, 7, 8
- 2020: February 8 & 9 (Zoom Webinar)  
April 16, 17, 18, 19  
June 25, 26, 27, 28  
Sept 17, 18, 19, 20

The Diamond Approach ~ [www.diamondapproach.org](http://www.diamondapproach.org)  
A path that engages and leads to the discovery, development & preservation of the Human Essence.