



ACCESSING THE STILLNESS OF BEING

WHAT IS TRUE STILLNESS?

WHAT BLOCKS IT AND HOW CAN WE ACCESS IT?

In this weekend retreat, we will explore the stillness of being; an exquisite aliveness, subtlety, and sharpness. When we recognize ourselves as stillness, there is a sense of freedom, release, and the ability to take a big, deep breath.

Our access to stillness is through exploring our inner, agitated ego activity and how it robs us of having space to just experience the stillness of our being. This weekend will include presentations, meditations, movement and an opportunity to explore and integrate the material through your own process.

The Diamond Approach to self-realization is a contemporary spiritual path integrating the teaching practices of the ancient wisdom traditions with modern depth psychology. Developed by Hameed Ali, it is an ever-evolving teaching that emphasizes the realization and living of our True Nature “in the world.”



MAY 31 – JUNE 2, 2019

7:00 – 10 pm Friday;

10:00 a.m.–5:30 p.m. Sat. & Sun

LOCATION

Spectrum Center at The Preserve, 2060 N. Loop West, Suite 205, Houston TX 77018

COST \$230 CC, 225 check (\$205 CC, \$200 check if register before 5/1/19)

REGISTRATION

Annette Anderson, 214-274-7060.

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<http://diamondgulfcoast.com/registration/>

TEACHERS

Chuck and Annette Anderson are teachers in the Ridhwan School, home of the Diamond Approach. They live & teach in Texas.