

diamondworkmichigan.org presents:

Diamond Approach® Retreat

Meditation and Inquiry into the quality of Peace

April 10, 11 and 12, 2020; 1923 Geddes, Ann Arbor Michigan, begins 6pm Friday

This is a non-residential retreat. We will be using meditations, teachings and personal inquiry to explore the essential quality of peace—how do we lose contact with it and how do we reconnect.

About the Diamond Approach:

This is a path developed by A. H. Almaas and made for our time. It includes the wisdom of the **ancient traditions** and the findings of **modern psychology**—designed to support a **return to our essence**, our true nature.

This path presents a detailed map of **how connection is lost** to our inherent spiritual qualities, such as **love, compassion, strength** and dignity and gives a **way back**. Many paths have a description of these core qualities but lack a way of inquiring in a systematic way which allows **real unfoldment**—against the momentum of egoic life.

Schedule:	Friday, Apr 10	6pm to 9pm
	Saturday Apr 11	8am to 5pm
	Sunday Apr 12	9am to Noon

This retreat will be taught by **Sue Moen** and **Lou Weir**, both certified Diamond Approach teachers. Sue lives in Santa Cruz, Ca and Lou lives in Ann Arbor, Mi

What to expect: We will have talks, meditations and a chance to practice inquiry, one of the foundations of our practice. The retreat theme is peace. A vegetarian lunch will be served on Saturday.

Cost \$190

To register or questions: Please contact Lou at:
diamondworkmichigan@gmail.com