

DIAMOND APPROACH® OTTAWA

THE HEART OF INQUIRY

A Diamond Approach Seminar
Open to the Public and Existing Students

*"I wish I could show you, when you are lonely or in darkness,
the astonishing light of your own being." – Hafiz*

The Diamond Approach is a path of wisdom through direct experience. It recognizes the uniqueness of each individual and adapts itself to each person's needs at the time. It does not require that people adapt to some ideal, but welcomes people as they are and helps them to take the natural next step for their unique development.

In this weekend retreat we will explore our inner flame. We will look at how it guides our heart on its inner journey. What dampens this inner fire and what can unleash our passion for truth? We will explore how working with self-inquiry and the practice of presence can open our heart and fuel our flame.

DIAMOND APPROACH OTTAWA IS NOW FORMING A NEW ONGOING RETREAT GROUP.

The group is non-residential and will meet 3 times a year **in a weekend format**. There will be a 4th retreat via Zoom webinar in the winter. These retreats will include evocative teachings, meditation and body-based practices, experiential exercises, and self-inquiry.

DATES: **Friday, August 10th**
6:30pm - 9:30pm (registration begins 5:45pm)
Saturday, August 11th & Sunday, August 12th:
10:00am - 6:00pm

LOCATION: Saint Paul University, 223 Main Street, Rm L-120
Ottawa, ON K1S 1C4

TEACHERS: Lisa Barrett and Carolyn Cerame

COST: \$425 + HST
\$350 + HST for members currently enrolled
in an ongoing Diamond Approach group
\$300 + HST University Full-time students

CONTACT: For registration and information, please contact
Lisa Barrett at 2simplybeing@gmail.com

*“The truth is nothing mysterious. The truth is always what is there, your experience at
that moment, not in the past and not in the future. The truth is now, and your life is now.”*

– A.H. Almaas, Founder of the Ridhwan School and the teaching of the Diamond Approach

Please visit www.diamondapproach.org to learn more about the Diamond Approach.