



# THE DIAMOND APPROACH<sup>®</sup>

## FULFILLING THE HEART'S DESIRE

*WHAT IS IT THAT OUR HEART TRULY DESIRES?*

*HOW DO WE BEGIN TO REALLY FIND OUT?*

In this weekend retreat, we will explore the nature of curiosity, wanting, and fulfilling the heart's desire as portals to realizing the fullness of what we are. We can learn to align our soul with the compass of the heart in order to move closer to that which most deeply satisfies us.

Join us as we examine the role of the heart on the spiritual journey and in life, how it became blocked, and how to access it again. 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."

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**MAY 18-20, 2018**

**7:00 p.m. Fri. 10 - 5:30 p.m. Sat & Sun**  
**DALLAS, TX**

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

**LOCATION:** Dallas Meditation Center, 810 W Arapaho Rd, Suite 98, Richardson TX 75080

**COST:** \$230 CC, 225 check (\$205 CC, \$200 check register before 4/30)

**REGISTRATION:** Annette Anderson, 214-274-7060.  
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<http://diamondgulfoast.com/registration/>

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