



## THE DIAMOND APPROACH<sup>®</sup>

# SPIRITUALITY IN DAY TO DAY LIFE

As a spiritual teacher, I am frequently asked **“how do I bring spirituality into my everyday life?”** Living our spirituality is important to many of us. But, how do we do this?

In this talk we will explore an important access to living spirituality in day to day life. We will explore the function of inquiry on the Spiritual Path with questions such as:

***“What is Spirituality?”***

***“What gets in the way of experiencing spirituality more consistently and how do I work with these barriers?”***

***“How do I bring spirituality into my day to day life?”***

Join us as we explore how inquiry, one of the main tools of the Diamond Approach, illuminates and opens our path and leads us to the beginning of a heart-centered love affair with the truth.

**TEACHER:** Annette Anderson has been serving as a teacher in the Ridhwan School since 2014 and has been a student in the work since 2004. She lives and teaches in Texas.



**2:00 p.m.-4:00 p.m.**

**LOCATION:** Webinar

**COST:** Free

**REGISTRATION:** Registration

**URL:** <https://zoom.us/meeting/register/u5Yof-CqQTIunWWUT7PWFfsAW6f9powOsA>

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*The Diamond Approach is a contemporary method of inner development. It integrates modern psychological knowledge with traditional spiritual wisdom and practice.*

--Jack Kornfield