



THE DIAMOND APPROACH[®]

BOOK STUDY GROUP: THE UNFOLDING NOW

Please join us for a book study group on « *The Unfolding Now* » by A.H. Almaas (Hameed Ali), founder of the Diamond Approach.

The keys to self-knowledge and deep contentment are right here before us in this very moment - if we can simply learn to live with open awareness. « *The Unfolding Now* » presents a marvelously effective practice for developing the transformative quality of presence through a particular method of self-observation and contemplative exploration that A.H. Almaas calls “Inquiry”.

This book group will include meditation, experiential exercises and study of the text to learn how to welcome with curiosity and compassion whatever we are experiencing including the many obstacles that keep us from being present such as defensiveness, ignorance, desire, aggression and self-hatred.

Diamond Approach Teachers: Eme Le Cavalier, Padma Roy and Shah Allard.

DATES: September 20, October 4 & 18,
November 1, 15 & 29, and December 13, 2020

TIME: 4-6pm PT; 7-9pm EST

LOCATION: Online

COST: \$175 US for 7 meetings

The book « *The Unfolding Now* » is available on Amazon (\$17 US)

INFORMATION/REGISTRATION:

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