

Dear Friends,

My name is Eugene Cash. I have practiced Buddhist meditation for the past 28 years and have been teaching since 1992. I am on the Teachers Council at Spirit Rock Meditation Center in Northern California, and am the founding teacher of San Francisco Insight. I teach intensive meditation retreats internationally and will be co-leading the new Community Dharma Leader training program for Spirit Rock. I have also been a student of the Diamond Approach for over 20 years and a teacher since 2000. I co-lead Diamond Approach groups in San Francisco, Berkeley and Holland.

The Diamond Approach, founded by A.H. Almaas (Hameed Ali), is a contemporary path of spiritual realization that responds to the longing for freedom using a variety of skillful methods, both ancient and modern. It blends authentic spiritual insight with contemporary psychological understanding, enabling us to address the obstacles to realization unique to our time, place, culture, and personality. In particular, it introduces penetrating experiential exploration to open up the ego structure, leading to loss of belief in its reality and access to the reality it veils.

Many other Buddhist teachers and practitioners have studied and practiced the Diamond Approach. Jack Kornfield has worked individually with Hameed for over 25 years. Other Buddhist teachers who have been students of the Diamond Approach include: Sharda Rogell, Mark Coleman, Mary Grace Orr and Frank Ostaseski (the founder of Zen Hospice Project) in the US; as well as Martin Aylward, Yania Postelnik and Catherine McGee, who are Buddhist meditation teachers in Europe. The Spirit Rock teachers have invited the founders of the Diamond Approach to offer 3 retreats for the members of the Teachers Council over the last 6 years. The practice of inquiry, central to the Diamond Approach, has come to be highly valued and appreciated within the Spirit Rock community, and has had a profound impact on the Buddhist teachers and culture over time.

I am excited to let you know about a new Diamond Approach group forming in Los Angeles—Diamond Approach Los Angeles (DALA)—which will begin offering introductory weekends on June 26-27, 2010.

I will be co-leading the new Diamond Approach group in LA with Sandra Maitri. Sandra is a senior teacher in the Diamond Approach, and author of several groundbreaking books on the Diamond Approach and the enneagram. Sandra has also has practiced both Vipassana and Mahamudra for many years. I am honored and delighted to teach with her in LA.

Each introductory weekend is unique and will offer an orientation to the Diamond Approach. If you interested in joining us for introductory weekends to get a sense of the Diamond Approach and find out whether it's something that would support your journey, please contact Carli Simons at carlisimons@yahoo.com, or (818) 508-9721. You can also learn more by going to the DALA website: www.diamondapproachla.com. Please feel free to pass this information along to any friends or colleagues who may be interested or you feel would benefit from learning more about the Diamond Approach.

Sincerely,
Eugene Cash