

"I have had a life changing experience working with Hameed Ali and the Diamond Approach for the past 26 years. The Diamond Approach is among the most integrated and visionary teachings of body, heart and spirit that I know."

— Jack Kornfield

Diamond Approach® Los Angeles

A New Group has Begun in Santa Monica

A new Diamond Approach group is forming in the Los Angeles area. All individuals interested in spiritual development are invited to participate.

The longing for freedom is innate to human experience. The Diamond Approach, developed by A. H. Almaas, is a contemporary path of spiritual realization that responds to this longing using a variety of skillful methods, both ancient and modern. Authentic spiritual insight together with contemporary psychological understanding enables us to address the obstacles to realization unique to our time, place, culture, and personality. The practice of inquiry is central to the teaching. The power of inquiry resides in love of truth, open-hearted curiosity, and a willingness to freshly examine every aspect of our psyche and our lives. By sensing into our direct experience and exploring its contents, including the various structures of our ego and the personal history that put them in place, we discover doorways to our essential nature. In the course of the work, we will investigate how True Nature reveals itself, its characteristics, and the compensatory movements of the ego structure, which veil the truth of Being. Unique and central to the Diamond Approach is its emphasis on the personal aspects of spiritual reality, in a way that is different from most spiritual paths. This process honors, supports and develops the uniqueness of each individual to their fullest potential. Beingness in our own personal, human form becomes a stepping stone from ordinary consciousness to the transcendent oneness of spiritual reality.

Teachers for Diamond Approach Los Angeles:



Sandra Maitri is one of the principal teachers of the Diamond Approach, and a member of its leadership council. She leads groups in the San Francisco Bay Area and in the United Kingdom. She was one of the original students of Claudio Naranjo, MD, a trailblazer in Transpersonal Psychology, and her background includes extensive work with Vipassana meditation and Tibetan Buddhism. Her books, *The Spiritual Dimension of the Enneagram: Nine Faces of the Soul* and *The Enneagram of Passions and Virtues: Finding the Way Home*, were published by Tarcher/Penguin in 2000 and 2005.



Eugene Cash has studied the Diamond Approach since 1989. He co-founded and leads the Diamond Approach San Francisco as well as teaching Diamond Heart Eight in Berkeley, CA. Eugene is also a Buddhist teacher at Spirit Rock Meditation Center and the founding teacher of San Francisco Insight. He teaches intensive meditation retreats internationally.

Our weekend programs will include evocative lectures, sitting and moving meditation practices, experiential exercises, inquiry, and process groups.

The dates for upcoming weekend teachings are:

- November 5-6, 2011
- January 14-15, 2012
- March 31-April 1, 2012
- May 26-27, 2012
- September 29-30, 2012
- December 1-2, 2012

Cost per weekend: \$275

Fee reduction available for students.

For more information, please contact Carli Simons at carlisimons@yahoo.com or by phone at (818) 508-9721.

www.diamondapproachlosangeles.com