

# THE DIAMOND APPROACH<sup>®</sup>

Offered by Diamond Essence Australia, dedicated to the discovery, development and preservation of the Human Essence

## THE DIAMOND APPROACH

The Diamond Approach is a western spiritual path that allows each of us to actualize our personal potential as a unique expression of the universal and boundless nature of reality. Supported by practices of meditation and self-remembrance, the central method of the Teaching, open-ended inquiry, acknowledges and utilizes experiences of everyday life as the gateways into Reality, into our True Nature. By inquiring into our ordinary experience with presence, openness and sincere curiosity, we find that Reality reveals its beauty, richness and depth in a way that is alive, fulfilling and relevant to human life. By attending to exactly where we are in each specific moment, each individual soul is encouraged to unfold and develop its hidden potentialities in its own timing and according to its inner intelligence. We invite you to explore the unique and rare opportunity offered by this beautiful and effective path of realization.

## DIAMOND APPROACH TEACHING GROUP 6 (TG6)

The Diamond Approach is for people who sincerely wish to engage the process of self-realization and essential development. The depth and elegant precision of the Teaching makes it appropriate for everyone with a heartfelt wish to know their inner depth more personally and precisely.

The groups meeting in Australia experientially explore the Teaching in increasing depth and subtlety over time. The combination of group and personal work provides a powerful means of deep personal transformation.

## SPIRITUAL INSIGHT SESSIONS

One of the primary ways we practice this path is through personal spiritual insight sessions. In these sessions with a Diamond Approach Teacher, we utilize open-ended inquiry, breathing techniques and movement sequences to allow the soul to open and essence to reveal itself. Each student's personal unfoldment arises naturally and spontaneously.

“...UTILIZES EXPERIENCES OF EVERYDAY LIFE AS THE GATEWAYS INTO REALITY, INTO OUR TRUE NATURE.”

## STRUCTURE, FORMAT AND COST OF TG6

The group meets 3 times a year in Sydney, in the summer, winter and spring. Two retreats are 5 days long with an introductory meeting for new students the afternoon before the retreat begins. The spring weekend is 3 days. The retreats are non-residential, held at locations that provide accommodation for those who travel in. We use talks, experiential exercises, spiritual practice and group discussion in our meetings. In addition, there are monthly meetings in your geographical area to continue the exploration.

Application Fee:	\$110
Retreat Fee:	\$2640 annually
Spiritual Insight Session Fee:	\$100

## THE APPLICATION PROCESS

If you are interested in participating in the TG6, you need to complete a comprehensive questionnaire, have a personal interview (usually by phone or Skype), and start your spiritual insight sessions. To start the process, contact Rosanna at [enquiries@diamondessence.com.au](mailto:enquiries@diamondessence.com.au)

## TO FIND OUT MORE

To help you discover if this work is for you, and to help prepare you for the teaching, ongoing students of Diamond Essence Australia are hosting a series of open house events in various locations around the country. In addition, the teachers of the open group are offering some free Introductory Evening talks, and one day workshops for a nominal fee.

You can find a full schedule with dates, locations and costs on our web-site at [www.diamondessence.com.au](http://www.diamondessence.com.au)

To be on our e-mail list and be notified of all upcoming events in your area, write to [enquiries@diamondessence.com.au](mailto:enquiries@diamondessence.com.au)

## THE TEACHERS

The teaching team for the Diamond Essence Australia are all ordained Teachers of the Diamond Approach. They are trained and ordained by the Ridhwan Foundation in the United States, the central organization for the teaching of the Diamond Approach all over the world. Most teachers travel from various parts of the US, and have been teaching the Diamond Approach in Australia for many years. For more details about our teaching team, please refer to our web-site. [www.diamondessence.com.au](http://www.diamondessence.com.au)