



THE DIAMOND APPROACH ®

The Diamond Approach is the unique modern inner work school developed by A.H.Almaas.

The aim of the Diamond Approach is self-realisation in a gradual, systematic way that is always governed by the individual's unique personal history, capabilities and needs. Individual and group work progresses through levels of development over several years.

This involves a dynamic form of teaching which supports the unfoldment of the soul through the process of open-ended inquiry into personal experience.

This process naturally and gradually activates the unconscious barriers to self-realisation that are unique to each individual student.

These barriers are made fully conscious with the assistance of a teacher in private sessions, and through the teaching of the logos of the Diamond Approach at retreats and in small groups.

In time, Essence or True Nature becomes the source of self-understanding and the autonomous guide for the soul's journey home.

"The Diamond Approach combines some of the best of modern psychology with ancient (and spiritual) wisdom."

Ken Wilbur

"...a new and remarkably integrated spiritual vision which connects the personal, the universal, the psychological and the spiritual."

Jack Kornfield, author and Buddhist master.

"...a seamless integration of cutting edge psychology and profound spirituality."

Don Riso, author and Director of the Enneagram Institute.

Diamond Essence Australia

Diamond Essence Australia is the Australian group working with Diamond Approach Teacher, Jean Berwick.

There are Diamond Essence Australia students in Melbourne, Brisbane, Sydney, Adelaide, the ACT, Northern NSW, Cairns, Coffs Harbour, Port Macquarie, Blue Mountains, Perth, TAS, NT, NSW South Coast, Singapore and New Zealand.

Diamond Approach Teachers are certified by the Ridhwan Foundation which is based in Berkeley and Colorado.

Most Diamond Approach teachers are based in the US. There is one qualified teacher based in Byron Bay and there are a number of Australian teachers currently in training.

The Diamond Approach is taught in North America, Europe, Australia and New Zealand.

What are the Methods of the Diamond Approach?

The main method of the Diamond Approach is open-ended inquiry into personal experience. This process is supported by a system of teaching which primarily involves:

- Teaching retreats (two per year)
- Small group work (approximately monthly)
- Private teaching sessions (5-10 per year or as needed)

Students work with their own private teacher for the duration of their time in the work. The work progresses through deeper levels of work over many years.

How is the Work Organised in Australia?

Teachers are in residence in Sydney for approximately 4 weeks, twice a year. During this time, students attend retreats, group meetings and have private sessions.

In between teachers' visits, students continue their work in small groups. Students in locations where there is no small group operating do the same work via MP3 with the support of another student.

Students also continue private sessions with their own teacher. As most teachers are based in the US, this work continues by telephone. (Students near Byron Bay may work with a resident teacher).

Within the Australian group as a whole, there are also several subgroups determined by how long students have been in the Work.

New Group Forming Now

A Diamond Approach work group stays open to new members for some time and then closes so that the group can form an appropriate support for deeper inner work. There is a new group that has been forming over the last 18 months and it will close after the Juen2010 retreat.

The next open retreat for this group is 3-6 June 2010.

This first stage of the Work focuses on core topics which lay the foundation for ongoing work

with the Diamond Approach inner work. This first stage include topics such as: *Strength, Will, Power, Compassion, Joy, the Enneagram and The Soul.*

What do I do next?

If you wish to explore whether the work is right for you by attending the entry level retreat to be held in Baulkham Hills, Sydney on Thursday 3 June to Sunday 6 June, 2010, There are some pre-requisites to complete.

These initial steps are to help determine whether this is the right path for you at this time.

In brief you are asked to:

- complete a questionnaire outlining personal history and spiritual development and send it by email to a senior teacher who will then assign you to a private teacher
- have *at least one* private session/interview with a Diamond Approach teacher *before* attending the retreat
- start the application process as early as possible so that you can finalise registration by 14 May..

It is also recommended that you read at least one book by A.H.Almaas (*Diamond Heart Book One* is recommended)

Becoming an ongoing student

After the first retreat, a Diamond Approach teacher will discuss with you whether or not the Work may be suitable for you.

You may then initially commit to a short period of work involving monthly teaching and private sessions (usually about 3-4 months). After you attend your second retreat, you are usually considered an ongoing student.

Responsibilities of ongoing students

The Diamond Approach is presented in an ongoing and progressive (or deepening) format. It is understood that ongoing students will attend twice yearly retreats with Jean and/or assistant teachers, participate in small group work as prescribed and work with a teacher in private sessions. This structure is in place to ensure that students are appropriately supported as the Work progresses through deeper levels of unfoldment and various challenges arise.

Commitment to ongoing work with the Diamond Approach is an inner commitment only. There are no financial contracts to sign at any stage of the Work.

A SPIRITUAL PATH

It is particularly important that potential students understand that the Diamond Approach is not a form of, or substitute for, psychotherapy or other physical, psychological or emotional healing.

Rather, the Diamond Approach is a spiritual practice intended to assist the unfoldment of the soul. Any therapeutic gains or healing which occur may or may not be a by-product of this spiritual unfoldment.

Fees

There are fees for all Diamond Essence programs.

The program is organised into 2 terms per year, working around the teachers' visits. In the first 2-4 terms, the costs will be in the vicinity of \$950 - \$1100 per term.

This includes a 4-5 day retreat, a monthly small group teaching program, and 3-4 private sessions with a teacher per term.

Other costs

All retreats are held in/around Sydney. They are usually non-residential though venues generally have cheap onsite accommodation if needed.

It is important to understand that while DEA attempts to keep fees as low as possible, the group in Australia is self-supporting and must cover the high cost of bringing teachers here from the United States.

Unfortunately, this means there is little room for discounts. Therefore, prospective students from interstate and overseas are asked to take into account the cost of travel and accommodation in Sydney when considering their capacity to continue with the Work over time.

Recommended reading:

It is recommended that beginners begin with the following books by A. H. Almaas: *Essence* (now available in a dual volume incorporating *Elixir of Enlightenment*) or *Book One of the Diamond Heart Series – Elements of the Real in Man*.

Information about other books by A H Almaas can be found on the Ridwan school website:

www.ridwan.org

and at: www.ahalmaas.com

For more information on the Australian Diamond Essence Program contact

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or go to:

www.diamondessence.com.au