



Explore the ocean of your inner world

Presenting Diamond Heart UK

Overview and schedule

2020 to 2022

Join us, and deepen your voyage of inner discovery

We are delighted to announce the
UK's first non-residential Diamond
Approach group.

For the first time it will be possible to
engage the full depth of the Diamond
Approach without having to attend two
week-long residential retreats each
year.

Through the programme, you will:

- Learn the practices that unlock the transformational power of the Diamond Approach.
- Discover your nature as a living, conscious presence with qualities like joy, will, strength, compassion and peace.
- Uncover how aspects of your early development may limit your current potential, through structures like the inner critic and object relations.
- Explore how liberating your presence will lead you on a journey of unfoldment and growth without end.

This brochure is intended for new
and existing students.

It will provide you with:

- A brief introduction to the Diamond Approach and the practice of inquiry.
- Profiles of the teachers who will be leading the group online and in person.
- An overview of our programme of meetings and retreats from 2020 until the end of 2022.
- The tuition costs and time commitment involved.
- Some suggested further reading and information resources so that you can find out more.

*'I myself can recommend
the Diamond Approach
as probably the most
balanced of the widely
available spiritual
psychologies / therapies.'*

Ken Wilber

Author & founder of the Integral Institute

What's the Diamond Approach?



The Diamond Approach is based on the work of Hameed Ali (who writes as AH Almaas), and his co-founder Karen Johnson.

It's taught through the community of students and teachers called the Ridhwan School, which has grown around them.

There are no beliefs or dogmas that one has to take on to study the Diamond Approach.

All that matters is your interest in finding out what is true in your own immediate experience.

'The work of AH Almaas places him among the greatest psychologists alive today. His brilliant vision of the human psyche embraces our Being from early development to the highest realms of spirit. From this, he then offers a new language and direct approach for awakening to this manifold nature.'

Jack Kornfield

Author of *A Path with Heart* and coauthor of *Seeking the Heart of Wisdom*

What will you do as a student of the Diamond Approach?

Practices

You engage the Diamond Approach first and foremost through certain practices.

These are all about exploring the truth of your inner world with friendly curiosity and interest – in an immediate, experiential way.

1. The central practice is a particular form of open exploration into your experience called **diamond inquiry**.
2. We use various meditation practices, beginning with a **concentration meditation**, to become more steadily in touch with your inner world.
3. We teach a practice called '**Sensing, Looking and Listening**' for being more present in all circumstances of your life – not just when you inquire and meditate.

Ongoing groups

Engaging these practices kicks off a process of discovering, exploring, unfolding and transformation in your inner world.

The inner world of a human being is immensely rich and complex. So the Diamond Approach includes teachings to help you orient to and explore different areas of your inner life and potential.

The teaching gives you a map of some kind. You still get to explore and discover the territory yourself, and your own journey will be personal and unique. But it's much easier and more effective with a map or a guidebook that orients you to the important features of the territory you're exploring.

Teaching is most commonly done in an ongoing group. Groups meet regularly either in residential retreats or for non-residential weekends, and typically each retreat or weekend has a theme and you explore experientially some aspect of your experience, and the barriers and issues that relate to it.

Being a student in an ongoing group – alongside doing the practices – is the primary way to engage the fullness of the Diamond Approach.



Overview of the Diamond Approach Path

All that matters is your interest in finding out what's true in your own immediate experience.

The practice of inquiry begins a process of unfolding and development called the Diamond Approach path.

The orientation of the path is simply to be curious and interested in your experience, whatever it may be, to find out what is true.

An ongoing group is typically open to new students for a few years and then closes. The group works through a core body of knowledge in the Diamond Approach path, exploring various qualities of our human essential nature.

1. We start off exploring the experience of our consciousness itself. We see that our individual psyche or soul has inherent qualities that can be discovered as pure conscious presence, or true nature. And it's shaped by our conditioning or nurture. We discover structures such as the superego (inner critic), psychological object relations and instinctual parts, as well as the immediacy of our presence or being.

2. We explore five central qualities of presence relating to strength, joy, will, compassion and peace.
3. We look at the qualities of presence often associated with the mothering person, such as love, value and nurturing; and those often associated with the fathering person such as support and brilliancy.
4. We discover the unique presence that each person has the potential to be: a pearl beyond price that is your own precious individuation of the potentials of being. It is the unique 'you' that grows through the digestion of your personal history and experience.
5. We explore realising presence not just as an experience but as our very identity through the challenging process of self-realisation in working with our narcissism.

This path typically unfolds over about seven years. We go on to explore the further potentials of being including non-dual realisation in many forms. Here, we aren't only exploring our individual consciousness, but the experience of the totality of reality.

'The Diamond Approach is a path of being fully human, a path of being with our vulnerability, fullness, wounds, and possibilities. On this path, we find ourselves both more ordinary and more extraordinary than we could have imagined.'

John Davis
Diamond Approach teacher



Getting started

Introductory year

We will offer three introductory events in London in October 2019, and January and May 2020.

We welcome anyone interested in the teaching to attend these weekends which will include talks, meditations, experiential inquiry exercises and discussions in a large group format.

Each introductory event stands on its own, and it is not necessary to have come to the previous ones in order to attend one. However they work very well as a series and interested students are encouraged to join as many as they can.

Joining the group

The group will formally commence in October 2020. Anyone wishing to join the group will need to complete an application process.

The group will be open to new members for a few years, and will close once new students will no longer be able to integrate easily.

Membership of the group is voluntary and members can end their membership at any time.

Programme Elements

The group will primarily entail six weekends a year, mostly arranged as three double-weekend 'retreats' – in January, May and October.

At some point we may use an occasional longer retreat to support an even deeper engagement with a particular topic.

In time there will be a couple of additional meetings between the double weekend retreats to maintain continuity.

Each teaching builds on what has gone before. Members must therefore attend all elements as far as possible, and pay for and catch up any that they miss.

‘By truly accepting where you are, it opens you to the next step... YOUR next step, not someone else’s. Revelation occurs here and now, while being exactly where you are.’

Karen Johnson
Ridhwan co-founder

Costs

Fees for the intro weekends are £195* per weekend, with the May 2020 introductory double weekend costing £390*.

Tuition for the double weekends from October 2020 onwards is about £500* per double weekend. This includes teaching, a private session with a teacher, a small group meeting and in between teachings. In 2020 and 2021, the fee may be somewhat less, as these sessions will be introduced gradually.

In time, two small groups between retreats will be required, costing £40* each. In between, private sessions with a teacher are recommended but not required, and fees are typically on a sliding scale from about £60* to about £100* per session.

We offer a 30% discount to students aged 30 or younger, if they need it. A limited number of work trade bursaries are available for those in financial need.

** All amounts quoted are in 2020 terms, and subject to revision over time.*

Ridhwan Foundation

All group members are required to join the Ridhwan Foundation, a US nonprofit organisation that disseminates the teaching of the Diamond Approach.

Members pay student dues on a sliding scale around a baseline of £85 per annum. They have access to the worldwide Ridhwan community via an online portal, and can attend school events open to students only.

Provisional calendar

Intro year (starting October 2019)

Weekend 1	Weekend 2	Double weekend
11 – 13 October 2019	24 – 26 January 2020	1 – 3 May and 8 – 10 May 2020

October 2020 onwards

2020	2021	2022
Double weekend 16 – 18 October and 23 – 25 October	Double weekend 1 15 – 17 January and 22 – 24 January	Double weekend 1 14 – 16 January and 21 – 23 January
	Double weekend 2 21 – 23 May and 28 – 30 May	Double weekend 2 20 – 22 May and 27 – 29 May
	Double weekend 3 8 – 10 October and 15 – 17 October	Double weekend 3 7 – 9 October and 14 – 16 October

Schedule for all weekends

- **Friday (whole group):** 6pm to 9pm.
- **Sat & Sun (whole group):** 10am to 5:30pm.
- **Small groups (up to 14):** 6:15pm to 8:15pm on weekends, and some weekday evenings. Students attend one or two small group meetings* across the retreat period.

** Note that all small groups / private sessions with teachers take place on and after the weekends.*

The group will remain open to new members to join until at least the end of 2022.

Your teachers



Tejo Jourdan

Tejo received his first glimpse of the world of spirit at school in England at age 16. This moment determined many key decisions in his life, leading him to explore various practices and paths, eventually arriving fully and completely in the teaching of the Diamond Approach 29 years ago.

Raised in Devon, England, he spent several years in India before moving to California where he ran a construction company for 25 years. Eight years ago, he returned to Devon where he now lives on Dartmoor with his wife.

Tejo has taught the Diamond Approach since 2006. He teaches groups in England, Ireland and Germany, and is passionate about the practice of Presence, Inquiry and meditation in everyday, ordinary life.

He's excited about the growth of the community in the UK as a force for truth and realisation of that which is real in us.



Dom Liber

Dominic has had a lifelong passion for both the magical and mystical, and the scientific and rational. He qualified as an actuary in the nineties. He was a founding partner of LeapFrog Investments, a world-leading impact investor in Africa and Asia, and sat on the boards of insurance companies in various countries.

Through his teens and twenties, he explored and taught various modalities including transcendental meditation, centering prayer, yoga, Ignatian spirituality and postural integration bodywork.

Eventually he found his home as a student of the Diamond Approach. In 2015, he left finance altogether and he now writes and teaches the Diamond Approach in the UK and South Africa.

He has recently rediscovered the joy of playing the piano.



Zarina Maiwandi

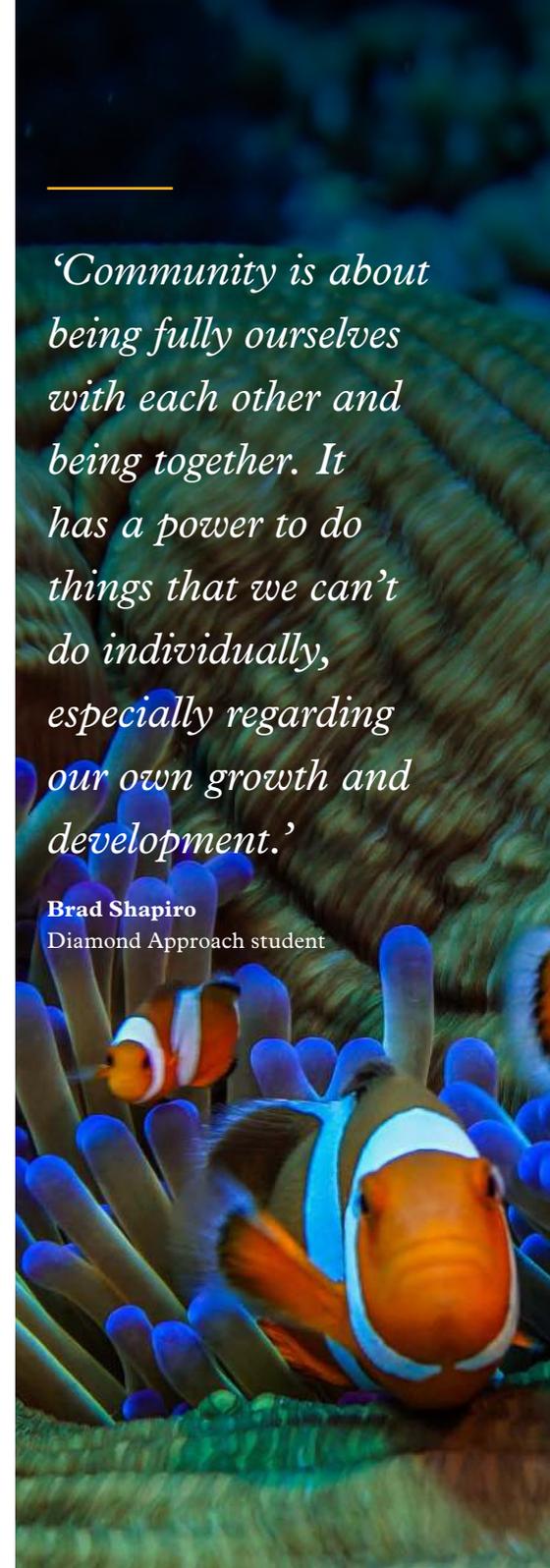
Zarina finds it hard to write about herself. There seems to be nothing to say, or too much. Rather than being a problem, this points to something true: she loves the truth and is never able to pin it down for long, yet she finds the attempt fun and illuminating. It's the sort of thing, once begun, that offers endless discovery and wonder.

For a long time, she thought the answers to her most burning questions might be found in books. She went so far as to earn a PhD in Literature and Philosophy. It wasn't until she found the Diamond Approach that she finally had a direct taste of the truth. That's not entirely true; she'd experienced the immediacy of truth before then, but had no understanding of what it was or what it meant.

Zarina dove in headlong. A teacher since 2015, she works with students in the US, Asia, UK, and Europe. She edits books too, including several written by AH Almaas.

'Community is about being fully ourselves with each other and being together. It has a power to do things that we can't do individually, especially regarding our own growth and development.'

Brad Shapiro
Diamond Approach student



About Diamond Inquiry

Diamond inquiry is the central practice of the Diamond Approach.

Inquiry involves getting as in touch with your immediate experience as you can, and then exploring it in a friendly and interested way to find out both what's going on for you, and what it's about.

Inquiry is like diving into the ocean of the inner world and exploring what's around.

This inner world includes your thoughts, feelings, sensations and your very consciousness itself, along the connected circumstances and situations of your life.

Inquiry is not about fixing or changing anything. It is based on the deep understanding that whatever is going on for you is meaningful and intelligent in some way, and that the most helpful thing you can do is to try to understand yourself and your experience.

This understanding is not a theoretical understanding. It is an understanding that comes from being right in touch with whatever is going on for you, and contemplating it and questioning it in an open and interested way, that allows you to begin to discover more about your experience.

Inquiry is open to any experience, positive or negative. Whatever is happening within you, the orientation is one of being friendly and interested. You are as interested in your anger and envy, for example, as in your love and gentleness.

Inquiry is a magical process: the very act of getting in touch and seeing and understanding what's happening all by itself starts bringing about a profound transformation in ways that you could not have imagined for yourself. Your very consciousness begins unfolding to reveal its riches and potentials.

Audio course: 'Learn to Inquire: Diving in the Inner Ocean'

A step-by-step audio course introducing the practice of Diamond Inquiry is now available online at:

domliber.com/course/learn-to-inquire

*Inquiry is like diving
into the ocean of
your inner world
and exploring what's
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Apply to join the group

Application / contact details

To register or request an application pack, contact **Jona Scovill** on jona@ridhwan.org.

To find out more

Visit our UK group page at:

www.diamondapproach.org.uk

Further resources

Learn to inquire

Discover the practice of Diamond Inquiry by taking the audio course ‘Learn to Inquire: Diving in the Inner Ocean’:

- domliber.com/courses/learn-to-inquire

Diamond Approach Vimeo channel

This video channel includes several free webinars by Zarina.

- vimeo.com/thediamondapproach

Discover more online

Explore the catalogue of online courses available via Diamond Approach Online:

- online.diamondapproach.org

Hameed Ali (AH Almaas) talks about the passionate love of the truth that is the heart of inquiry and the Diamond Approach:

- diamondapproach.org/public-page/passionate-love-truth

Recommended books

Get a taste of the Diamond Approach:

- *Diamond Heart Book 1: Elements of the Real in Man* by AH Almaas.

Explore how your inner critic or superego limits you, and how to start freeing yourself:

- *Soul Without Shame: A Guide to Liberating yourself from the Judge Within* by Byron Brown.

Discover the simplicity and the subtleties involved in truly being where you are:

- *The Unfolding Now: Realising your True Nature through the Practice of Presence* by AH Almaas.

Social media

Like or follow us on Facebook at:

- [@DiamondHeartUK](https://www.facebook.com/DiamondHeartUK)

