

The Diamond Approach®

Meditation and Inquiry Retreat

Non-residential Jan 3, 4 and 5, 2020

Jan 3, 6pm to 9pm, Jan 4, 8am to 5pm, Jan 5, 9am to Noon

1923 Geddes Ave, Ann Arbor, Michigan

The Diamond Approach, a path developed by A. H. Almaas, uses the findings of modern psychology and the ancient wisdom traditions to support a return to essence, or our true nature.

This will be a time of **relaxing into the silence** in meditation and exploring ourselves in personal inquiry. These two practices work together to support a **return to our authentic selves**. The retreat theme will be will and steadfastness on the spiritual path. It is a wonderful opportunity to explore the Diamond Approach, a **spiritual path** whose aim is to discover the **deepest truth of what it means to be human**. Come join us.

This retreat will
be taught by
Diamond
Approach
Teacher Lou
Weir



“Almaas is one of the most significant voices for a new and remarkably integrated spiritual vision. His work combines the personal, the universal, the psychological and the spiritual. . . I respect his work to the highest degree. . .”

~Jack Kornfield~

What to Expect: we will have meditations, talks, and a chance to practice inquiry, one of the foundations of our practice. A vegetarian lunch will be served on Saturday. Cost \$190

To register or questions: contact Lou at diamondworkmichigan@gmail.com