

diamondworkmichigan.org presents:

Diamond Approach® Retreat

Meditation and Inquiry into the quality of **Basic Trust**

Online, November 6-8, 2020

This is an online retreat. We will be using meditations, teachings and personal inquiry to explore the quality of Basic Trust. Basic Trust is a non-conceptual confidence that there is something fundamentally good about the universe—wishing us the best. This quality allows the soul to relax in the moment with what is arising and allows a natural unfoldment to your deepest true nature.

About the Diamond Approach:

This is a **path** developed by A. H. Almaas and made for our time. It includes the wisdom of the **ancient traditions** and the findings of **modern psychology**—designed to support a return to our essence, **our true nature**.

This path presents a detailed map of how our connection is lost to our inherent spiritual qualities, such as **love, compassion, strength and dignity** and gives us a **way back**. Many paths have a description of these core qualities, but lack a systematic way which allows real unfoldment—against the momentum of egoic life.

This retreat will be taught by David Hett, from Columbus, Oh, Sue Moen from Santa Cruz, Ca, and Lou Weir from Ann Arbor, Mi. All are certified Diamond Approach teachers.

Schedule: **Friday** November 6, 6pm to 9pm EDT, **Saturday** November 7, 9am to 4:30pm EDT, and **Sunday** November 8, 9am to 12 Noon EDT

What to Expect: We will have talks, meditations and a chance to practice inquiry, one of the foundations of our practice. The retreat theme is Basic Trust.

Cost: \$190

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