



# The Diamond Approach® Path

A Journey from Ego to Being

## The Path and Practice of the Diamond Approach

**6 Week Online Class** covering basic practices and principles.

Meets each Thursday from 6:30pm to 9:00pm EDT

beginning **Mar 18** and ending **Apr 22**

**Cost—\$90\***

Come learn about and practice the Diamond Approach, a **spiritual path** made for our time. This path includes the wisdom of the ancient traditions with modern psychological knowledge designed to support a **return to our essence**, or our true nature.

During the 6-week class we will cover many foundational practices such as **meditation**, learning to be present, and how to reconnect with **our essential qualities** like joy, value, and aliveness.

We will learn the method of inquiry as a tool to move through the barriers to simply **being as we are**. These practices support our capacity to live our lives fully, completely and freely.

The Class will be taught by Sue Moen from Santa Cruz, CA, and Lou Weir from Ann Arbor, MI, both of whom are certified Diamond Approach Teachers.

To Register, please use this link:

<https://the-path-and-practice-of-the-diamond-approach.eventbrite.com>

\* Cost is \$90 for the class, but you have the option of attending the first class for free