

The Diamond Approach®

Meditation and Inquiry Retreat

Online—March 12, 13 and 14, 2021

Mar 12, 6:00 to 9pm, Mar 13, 9:00am to 5pm, Mar 14 9:00 to 12noon

Exploring our Early Conditioning

THE THEME OF THE RETREAT WILL BE TO EXPLORE OUR EARLY HOLDING ENVIRONMENT WITH INTEREST AND CARE. THESE EARLY EXPERIENCES WITH OUR CARETAKERS AS INFANTS AND YOUNG PEOPLE MAKE DEEP IMPRESSIONS AND ARE USUALLY UNCONSCIOUS—AND OPERATING TO LIMIT OUR FULL EXPRESSION OF WHO WE ARE.

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 looking at our early conditioning. It is a wonderful opportunity to explore the **Diamond Approach** whose aim is to discover the **deepest truth of what it means to be human**. For new students to the Diamond Approach there will be an introductory meeting on Thursday March 11, from 6pm to 9pm.

This weekend will be taught by Sue Moen, David Hett and Lou Weir.

They live in Santa Cruz, Columbus and Ann Arbor, respectively

They are all certified Diamond Approach teachers.

“Deep work inevitably brings up powerful and painful experiences. . .I have been stunned at the insights the teachers have led me to.”

~Student, Ann Arbor

“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 included on Saturday . Cost \$190

To register, or ask any questions e-mail Lou at diamondworkmichigan@gmail.com.