

Diamond Approach® Retreat

Meditation and Inquiry Retreat into the quality of Joy

January 28 and 29, 2022 Online Retreat

One of the barriers to feeling joy or happiness is being cut off from your heart's desire. Many spiritual paths have a prejudice against feeling this but if you can come in contact with your true desire in its fullness it can take you closer to yourself. When the joy aspect opens it becomes like a flowing in the heart, or a glowing. When you feel that, you might feel the rush of expansion and heartfelt happiness, and it feels like it comes right from you, and it is a part of you, or perhaps you feel that it is you. Questioning your attitude about desire and what you want can be a powerful exploration.

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 with the findings of modern psychology—designed to support a return to our essence, our true nature.

This work is experiential. It uses inquiry, a moment-to-moment exploration of what is true in our immediate experience, typically done in groups of two and three. We spend time with our challenges and our openings, all held in a loving openness.

Schedule:	Friday January 28	6pm to 9pm EST	Cost: Free
	Saturday January 29	9am to Noon EST & 1pm to 4pm EST	Cost \$80



This retreat will be taught by Lou Weir a certified Diamond Approach teacher

What to expect: We will have meditations, talks and a chance to practice inquiry, one of our foundational practices.

Cost: Friday Session is Free, Saturday Sessions \$80

To Register or questions: Please contact Lou at the email below and indicate your interest in Friday only or Friday and Saturday

DWMich22@gmail.com