

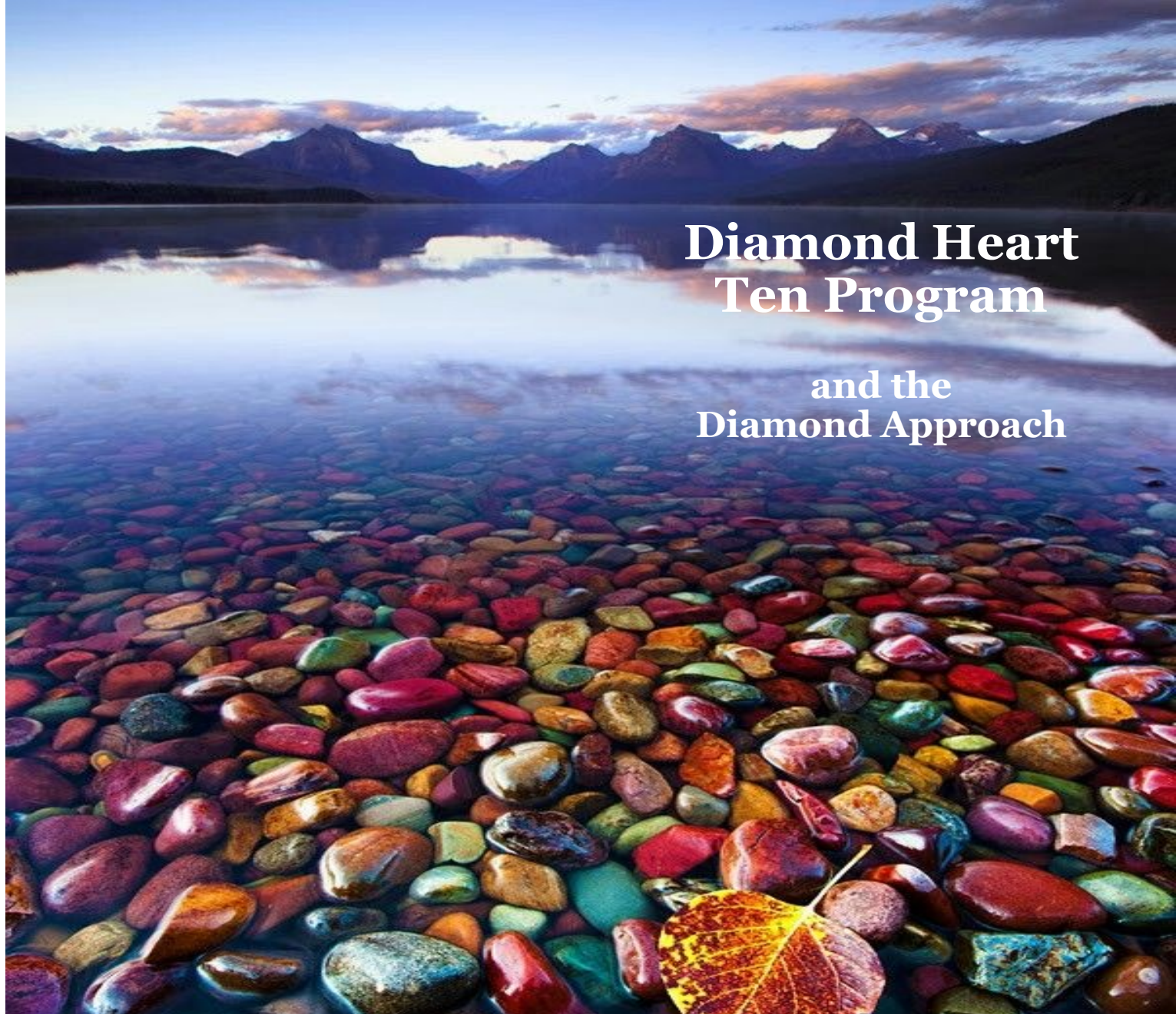


The Diamond Approach®

The Diamond Approach is a spiritual path that allows each of us to actualize our personal potential as a unique expression of the universal and boundless nature of reality. Supported by practices of meditation, presence and movement, the central method of the teaching, inquiry, acknowledges and utilizes experiences of every day life as the gateways into the depth of Reality, into our True Nature.

By inquiring into our ordinary experience with presence, openness and sincere curiosity, we find that reality reveals its beauty, richness and depth in a way that is alive, fulfilling and relevant to human life. By attending to exactly where we are in each specific moment, each individual soul is encouraged to unfold and develop its hidden potentialities in its own timing and according to its inner intelligence.

We invite you to explore the unique and rare opportunity offered by this beautiful and effective path of realization.



Diamond Heart Ten Program

and the Diamond Approach

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DiamondHeartColorado.com

The Diamond Heart® Ten (DH TEN) Program

The Diamond Heart Program is designed specifically for people who sincerely wish to engage the process of self-realization and essential development. The depth and elegant precision of the Teaching makes it appropriate for everyone with a heart-felt wish to know the truth about themselves and reality.

The DH TEN program is an experiential exploration of the Teaching, progressively increasing in depth and subtlety. The combination of group and private work provides a powerful means of deep personal transformation.

Spiritual Insight Sessions

One of the primary ways we practice this path is through personal spiritual insight sessions. In these sessions with a Diamond Approach Teacher, we utilize open-ended inquiry, breathing techniques and movement sequences to allow the soul to open and essence to reveal itself. Each student's personal unfoldment arises naturally and spontaneously.

Structure, Format & Cost of DH TEN

We will meet six times a year: four 3-day weekends and two 5-day non-residential retreats, on an ongoing basis. We will use talks, experiential exercises, spiritual practice and group discussion. In addition, we will meet one evening per month in group format for deep personal processing. At a certain point students will be invited to participate in teaching retreats offered by A.H. Almaas, the founder of the School.

This path can be a life-long endeavor, but each person finds their optimal involvement.

The cost for the retreats, evening monthly meetings, annual school membership fee and private sessions will average about \$330 per month. Please contact us if the cost is a problem.

The Application Process

If you are interested in participating in the Diamond Heart Ten Program, you need to complete an application. You can also start your personal spiritual insight sessions. Contact us through our website or email:

www.DiamondHeartColorado.com

Pbakwin@comcast.net

Introductory and Preparatory Events

To help you discover if this work is for you, and to help prepare you for the Diamond Heart Ten program, we have planned a variety of introductory events. Each of these events is unique, and the series will lead smoothly into the start of the Diamond Heart Ten Program. These events are scheduled once per month.

You can find an updated schedule on our website:

DiamondHeartColorado.com

To be on our e-mail list and be notified of all upcoming events, please write Peter Bakwin at: Pbakwin@comcast.net

The Teachers

The teaching team for DH TEN is comprised of Andreas Mouskos, Laurie Wattell and Chris Krueger. All three teach the Diamond Approach in Colorado, and various locations in North America, and Australia.