

# Book Study

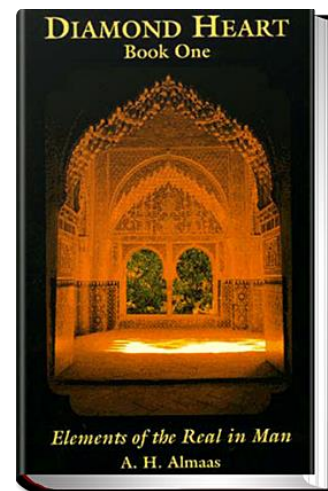
## Diamond Heart Book One



**Beginning October 1, 2015 at 7:00 PM**

The Diamond Approach® is a contemporary teaching that developed within the context of awareness of both ancient spiritual teachings and modern depth psychological theories; hence the perspective of this teaching recognizes the inherent synthesis between the spiritual and the psychological domains of experience. The spiritual and the psychological can be separated only in theory, for in experience they are two dimensions of the same human consciousness. Recognizing this truth makes it possible to approach the path to inner realization informed with modern psychological knowledge, and thus allows the process of understanding one's psychological experience to open one's consciousness to the deeper truths of our spiritual nature.

The teaching was introduced and developed by Hameed Ali (writing under the pen-name of A.H. Almaas) over the past 35 years. Diamond Heart Book One, first published in 1987, contains transcriptions of talks given to students to guide and orient individuals intensely engaged in doing the difficult work of essential realization. The Book Study will include time for questions & comments, discussion, and inquiry exercises to provide an experiential introduction to the Diamond Approach®



### Your Teachers

Con Rees and Pat Hayward have completed an eight year Seminary Program in the Ridhwan School, home of the Diamond Approach®. They are currently continuing the teacher training program and providing private individual sessions.

Dates: October 1, 8, 15, 22 and November 5, 12

Time: 7:00 to 9:00 PM

Location: 3923 Drake Street Houston 77005 (Inside Loop)

Fee: No fee for classes, Donations will be accepted for the Diamond Approach® Student to Student Fund

For Information, Contact:

Con Rees – call 713.662.3813 or email [con.rees@wt.net](mailto:con.rees@wt.net)

Pat Hayward – call 832.264.8062 or email [pathayward@oplink.net](mailto:pathayward@oplink.net)

[www.ahalmaas.com/articles/the-diamond-approach](http://www.ahalmaas.com/articles/the-diamond-approach) - [www.ridhwan.org](http://www.ridhwan.org)