

# The Practice of Inquiry

A Fundamental Practice Supporting Personal  
Development and Transformation

What is the nature of this mysterious practice? This 10 session class will be an opportunity for a personal exploration into Inquiry...a deeply intimate, embodied engagement with our moment-to-moment experience. Engaging in Inquiry is an expression of the heart's wish to know truth and the dynamic joy of natural curiosity.

As a participant you will have the opportunity to explore your own personal relationship with self-inquiry as an instrument of transformational spiritual development.

The class is open to everyone; students of the Diamond Approach, friends and all who wish to have an introduction to the Diamond Approach and to this practice of inner work.

What are the capacities and qualities that affect our inquiry? We will explore our experience of, and relationship with, curiosity, knowing and not knowing, allowing, sensing and embodiment of one's actual experience. How do inner judgments and unconscious beliefs limit our unfoldment? The intelligence of Being shows us meaning as we inquire into insights, body sensations, emotions and that which we have taken as obstacles.

The class will include talks, meditation, and personal exercises which support understanding and immediacy in your inquiry. You will have the opportunity to inquire with the support and guidance of a teacher. Being present for ourselves and others in the group field supports finding and following the thread of inquiry. Being in the presence of others while they work may stimulate parts of oneself (both egoic and essential) that may not have been accessible before.

Beginning January 11, 2010 we will meet for 10 sessions on Monday evenings, 7-9:30pm. Meetings are at the new Ridhwan School at 2075 Eunice St in N. Berkeley Cost is \$350

The class is offered by Barbara Knyper, an ordained teacher, and student of 23 years, of the Diamond Approach.

If you are interested in participating, please call or email for further information and to register. Contact Barbara at 510 206-0345, or [bgknyper@live.com](mailto:bgknyper@live.com)

