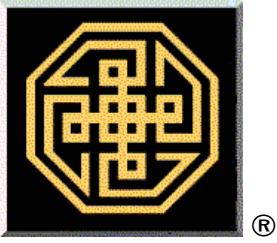


Diamond Approach®



The Practice of Inquiry

An Introductory Class in One of the Fundamental Practices of the Diamond Approach

What is the nature of this mysterious practice that we call inquiry?

Deeply intimate, embodied engagement with our moment-to-moment experience, the heart's wish to know truth, the dynamic joy of natural curiosity....these are some of the beginning places of our exploration....

We will explore our experience of and relationship with curiosity, with knowing and not knowing, with allowing, with inner critic material, and with sensing and embodiment; along with other qualities and capacities that affect our inquiry. The intelligence of Being shows us meaning as we inquire into insights, body sensations, emotions, and that which we had taken as obstacles.

The class will include talks, meditation, and personal exercises which support a deepening understanding and immediacy in the process of 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 we see more about 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.

The class is open to all who wish to deepen their experience of the process of inquiry, and those who want an introduction to the Diamond Approach.

Beginning in January 2009, we will meet for 10 sessions, twice monthly on Monday evenings in the East Bay. Meetings will be from 7-9:30 pm. Cost is \$350. Dates set when group has formed.

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 bknyper@hotmail.com

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