



The Diamond Approach

A Contemporary Path of Spiritual Development founded by A.H. Almaas

THE LATIAF: PORTALS TO ESSENCE

You are invited to participate in a new series of Diamond Approach weekend retreats from April 2018 through to 2019. We will explore and open the Latiaf, an ancient system of self-realisation that are doorways to essential nature. In this series, we will work with five essential aspects: Joy, Strength, Will, Compassion and Peace.

THE REAL JOY RETREAT

The Joy Latifa is about opening the heart and discovering what really makes us happy. We will explore and open our curiosity, spontaneity, playfulness and the lightness of Joy.

Friday 13 to Sunday 15 April 2018

**Taitamariki Girl Guide Hall, Auburn Reserve, Auburn Street,
Takapuna, Auckland**



Times

Friday 7 – 10pm
Saturday & Sunday 10am – 5.30pm

Cost \$435 (GST inclusive)

Registration & payment/s

Register with Will by 16 March at willogier@gmail.com (please include your mobile number). Payment details will be advised. Full payment is required before attending the retreat.

More information

For further information, contact Will or see www.diamondapproach.co.nz, or www.facebook.com/diamondapproachnz.

© www.backgroundpictures.org



Christine Dveirin was invited to Auckland to establish the Diamond Approach New Zealand group in 2008. She has been a student of A.H. Almaas for many years; and it was her invitation in 1987 that first brought the work to Hawaii, where it is now well established with three ongoing groups. She has worked with groups in Europe and is a teacher training supervisor.



Jane Armytage has been a Diamond Approach student since 1993 and a teacher since 2007. She teaches in Australia and New Zealand.

DIAMOND APPROACH, RIDHWAN DIAMOND APPROACH, RIDHWAN, and the HU symbol are registered trademarks of the Ridhwan Foundation. DIAMOND HEART, RIDHWAN DIAMOND APPROACH and ALMAAS DIAMOND HEART RETREATS & WORKSHOPS are registered trademarks of DHAT, variously in the USA and other countries.

Desire as a Gateway to Realisation

In our consumerist society it is difficult to want, to desire, to long for something, without immediately gratifying the desire. Imagine wishing and wanting without any concern about getting the object of desire! Imagine going through a catalogue and enjoying ticking everything you want, then throwing it away! This may sound like an exercise in frustration, but it is actually a way the inner heart of hearts opens to its deepest desire to know and live the Truth.

Many spiritual traditions teach that desire is a major obstacle on the path. Indeed it is, when our desires lead to what is not good for us. Yet it is in the very nature of the heart to desire. In the Diamond Approach, desire, longing, and wanting are all seen as movements resulting from the sacred impulse of the heart to contact and know what is Real. Many repress desire because they are taught that desire is "not spiritual". Others have been scolded for wanting, or hold deep disappointment and hurt around not getting what they want, resulting in a hardened heart. Still others become frustrated, going after things that distract them unknowingly from the heart's deepest yearning in an attempt to gratify this sacred desire.

In the Diamond Approach, the restraints of the heart and our frustrated longings are addressed and worked through. As the heart is able to open and become free of restraint, our innate curiosity awakens, and our heart's deep impulse to realise our True Nature becomes our guide. We are led to what is most sacred and satisfying. Great joy is the result, as we delight in knowing the truth of our inner nature and who we really are.

Joy is one of five essential aspects - known as Latifa in the Diamond Approach - which are subtle doorways to Essence – the ultimate core reality of our soul. Each Latifa is characterised by a sacred impulse and a particular psychodynamic issue which, when worked through, opens to Essence. As the subtle centre of the Latifa opens, Essence can be perceived and felt as a colourful presence that infuses one's consciousness with capacity.

Joy is an essential aspect of True Nature and it can be experienced like yellow sunlight in the soul. It brings openhearted curiosity, light-heartedness and delight as we discover the truth of who we are. It imbues us with curiosity to explore our situation and light-heartedness in working through issues that at times can be painful. It enables us to regain our childlike playfulness and curiosity. It lights our way. It enables our hearts to lead us to our soul's deepest satisfaction. With a heart that is free to openly guide us, there is much enjoyment in life!