

Quasar Seattle: 5-day Retreat

Heart of Freedom

Presented by: Hameed Ali (A. H. Almaas) and Karen Johnson



June 26 - 30, 2010

Daniels Recital Hall, Seattle, Washington

This 5-day retreat, which is open to the public and presented by the founders of the Diamond Approach, is the second of its kind to take place in the United States. The retreat will present a teaching on *The Heart of Freedom*. No previous experience is required, and the retreat is open to both the general public and current students of the Diamond Approach. The retreat is meant for anyone interested in having a direct and experiential taste of the Diamond Approach work.

Human Beings love and want freedom. Rare is the individual who knows it, and rarer still the one who lives it, but the desire for it spans history and cultures worldwide. What is this wish for freedom and where does it come from?

Some engage on the spiritual quest when we realize no measure of external freedom remedies the inner discontent and yearning. We become practitioners of methods to free us. When we experience a measure of freedom we usually become confined once again by our ideas of how we can produce it again. We adhere to the limitations of our conditioned self and continue the suffering.

Freedom is one of the most guarded secrets of existence. Our Nature is freedom, which has various manifestations and forms, many of which are familiar to us in our life circumstances and in our experience of our spiritual nature. Yet its heart, its essence, remains hidden within all experience. We look for it in the content of circumstances and experiences both internal and external, but this only perpetuates its invisibility.

The heart's natural function is to take us beyond all restriction because openness is its nature and love its motive and agency. We simply need to listen to the messages that reveal its luminous path to freedom. Freedom is closer than our own heartbeat.

To know the heart of Freedom we must free our heart to mature and ripen. Freedom does not only promote the fullness of the heart, but also activates its mysterious dynamic energy that allows the heart to soar to new vistas of delight and love, developing our capacity for love of others and freeing the potential within us all for a more real human life.

Through the method of inquiry as practiced in the Diamond Approach we will learn how to decode the language of our inner Being. To support the inquiry we will employ discussion, meditation and exercises of various kinds.

We are offering the second in the United States of a new series of public seminars, primarily for individuals who wish to have a direct and experiential taste of the Diamond Approach® work. The seminar will be nonresidential, and will consist generally of two meetings a day. The seminars are a series that present the teaching of the Diamond Approach from a specific and fresh perspective, and although there might be a relationship of one to another, each one stands on its own. This seminar will focus on the meaning and realization of inner freedom in our path to spiritual practice.

We invite you to come and explore with us the heart of the beautiful hidden mysteries of life and existence. It will be an experiential exploration that will use the extensive knowledge and methodology of the Diamond Approach, to delve deeply into the mysteries of our being and the nature of freedom.

The Diamond Approach is a contemporary original spiritual understanding and path, expressing timeless wisdom on self-realization using the insights of our time. Modern psychological understanding and spiritual wisdom are integrated to provide deeper and more effective means of realizing, developing, and living our full potential. For a more in-depth description of the Diamond Approach see www.ahalmaas.com

The seminars will be led by Hameed Ali (A. H. Almaas) and Karen Johnson, who discovered and developed the path of inner realization, known as the Diamond Approach that is now taught in the Ridhwan School throughout the world.

For a more in-depth description of the Diamond Approach see www.ahalmaas.com

- Dates:** Saturday, June 26 – Wednesday, June 30, 2010
1 morning & 1 afternoon session each day, beginning Saturday, June 26th at 9 am.
- Location:** Daniels Recital Hall
811 Fifth Ave.
Seattle, Washington
- Lodging:** Many nearby hotels within walking distance of meeting hall with details available upon request.
- Meals:** Many nearby restaurants within walking distance of Daniel’s Recital Hall.
- Cost:** \$550 “Postmarked” by February 1, 2010
\$600 “Postmarked” after February 1, 2010
- To Register:** [Go here for Seattle Quasar registration and more details](#)
or request registration materials from: duchmann@earthlink.net