



We have an innate capacity to recognize what is true and essential in our life experiences. And yet our experiences of what is true is heavily determined not by what is actually present to us but is instead shaped by our historically conditioned sense of who and what we are.

This day explores, in an experiential way, this inherent capacity to know what is true and real in ourselves. Our personality patterns are so familiar that we walk through an ordinary day on autopilot much of the time. Aligning with our truth in an ongoing way can help us become aware of these patterns and deepen our understanding of what is most true and real about being human.

Registration fee 60 euro

For information/registration contact

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This day of exploration is both of practical use in our lives and also gives insight into the workings of the Diamond Approach. It is presented as part of the work of the Emerald Diamond group, a growing group that is open to new students and meets four times a year in residential weekend formats.

The ongoing retreat schedule for this group

2018 22-25 November 2018

2019 22-24 February 17-19 May 6-8 September 28 November-1 December