



THE DIAMOND APPROACH®

SACRED IMPULSES: EXPERIENCING PRESENCE THROUGH MOVEMENT & INQUIRY

"Your body is actually your entry into the mystery." - A.H. Almaas

How does presence move our body? How do different states of consciousness impact us physically? What happens when we include our body's sensitivity and intelligence in inquiry?

We will explore these and other questions in this online course.

In the Diamond Approach, there are various essential aspects that express different qualities of our Being - Joy, Compassion, Will, Peace, etc. These qualities can have a sacred impulse, a subtle gesture of presence that can show itself through us. When we use sensing and movement, these sacred impulses can express something sublime and mysterious about our true nature.

For the movement work, we will use specific elements of the Five Movement practice, a method developed as part of the Diamond Approach teaching for exploring presence through movement. By combining movement and inquiry, we can experientially learn how presence is both blocked in us and can be revealed through us.

This class is open to all.

DIAMOND APPROACH TEACHER:
GREG KNIGHT



WHEN: 11/9, 12/14, 1/25,
2/15. 12 - 3 PM, EASTERN TIME.

LOCATION: Online Zoom.
(Sessions will be recorded for review by registered students.)

COST: \$150

[Click here to register.](#) For more information, email [Greg Knight](#).

"The class has helped me see how the body can be a source of intricate, detailed information about what is true, real and alive in me."