



INQUIRY - LEVEL ONE

A nine week Diamond Approach course exploring the ocean of your inner world



"Meditation opens the door to the inner world. Inquiry brings in exploration and understanding."

For the first time in the UK, the ***Inquiry Level One*** course is a nine week program, to learn the foundations of the unique transformational practice of open inquiry as used in the Diamond Approach.

This course will be valuable to people engaged in practices like mindfulness or other meditation, yoga, or Five Rhythms, who have begun exploring the inner world, and want to deepen the scope, understanding and integration of what they find.

The course will also be excellent for anyone new to the Diamond Approach, and for existing Diamond Approach students to continue honing their practice of inquiry.

"To inquire into your experience is to jump in to wherever you are and explore your feelings, sensations, thoughts, beliefs and the very felt sense of your consciousness itself. It is like diving into the inner ocean with curiosity and interest. You don't have to fix or change anything, but simply be friendly and interested to know and understand yourself better."

Venue Clerkenwellbeing, 178 Goswell Road, Clerkenwell, London, EC1V 7DT

Time Tuesday evenings 6pm – 8:30pm

Dates 23 April, 30 April, 7 May followed by one week off
21 May, 28 May and 4 June followed by two weeks off
25 June, 2 July, 9 July

Cost £315 for nine 2 1/2 hour sessions

Taught by Dom Liber, a certified Diamond Approach teacher with who has been practising inquiry for 20 years and meditation for 30 years.

Contact info@domliber.com for information and registration