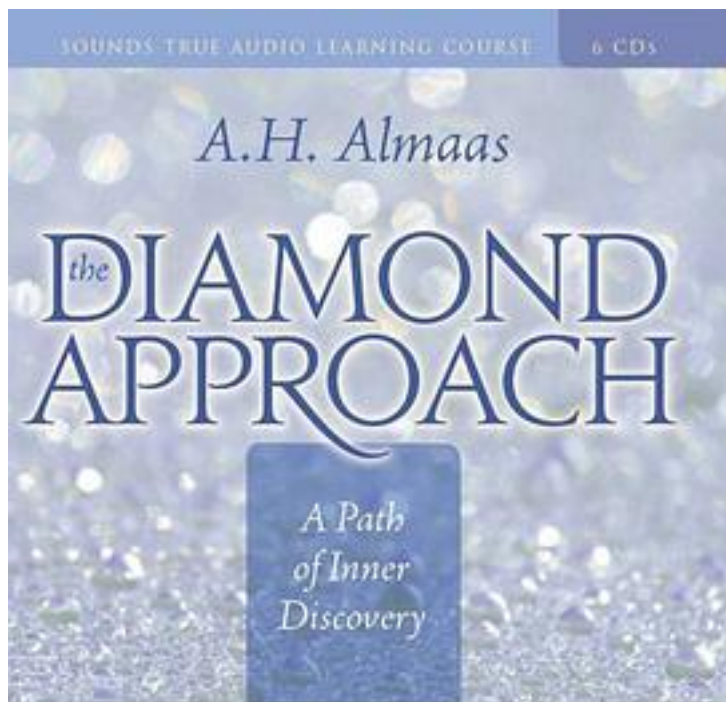


The Diamond Approach



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A.H. Almaas, whose writings brilliantly illustrate the unity of modern depth psychology and traditional spiritual wisdom, is a respected, pioneering teacher. Jack Kornfield has called him "one of the most significant voices for a new and remarkably integrated spiritual vision." Now for the first time ever, Almaas is creating with Sounds True an accessible audio introduction to his lifetime of work. Called The Diamond Approach, this program features insights refined from Almaas' 30 years of teaching including how he has helped thousands around the globe "do the work" by investigating reality, developing emotional wholeness, uncovering their true essence, and realizing the non-duality of being.

作者介绍:

A.H. Almaas is the pen name of A. Hameed Ali who has written more than 14 books including his most recent The Unfolding Now (Shambala, 2008). In 1976, he founded the Ridhwan School, an organization with members in North America, Europe, and Australia that is dedicated to promoting the Diamond Approach®. Almaas resides in the San Francisco Bay area.

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