



THE DIAMOND APPROACH[®]

Diamond Approach Florida

Nourishment: Real Food for the Soul

Diamond Approach Florida, an open group, welcomes new participants to this online teaching weekend on Feb 3, 4, 2024. All are welcome! There will be talks evoking our depth, meditation and personal inquiry exploration.

What is real nourishment? We may think of nourishment as simply a matter of eating healthy food or the foods we like.

But real nourishment is an essential quality.

Real nourishment is a yellowish white, soft and delicate, milky liquid. It is rich, creamy mildly sweet and a form of love. This true essential nourishment is real food for our soul.

By exploring this essential quality and what blocks our nourishment, we can become more able to metabolize and understand our experiences. This in turn allows us to grow, develop and mature and become freer in a real way in our lives.

TEACHERS: **Ilene Buchalter**, a Diamond Approach teacher since 2002, works with groups and individuals living in Florida, Colorado, the Southeast, across the U.S., and internationally.

Ursula McCall, a Diamond Approach teacher since 2015, works with groups and individuals living in Florida, Hawaii, and internationally.



NOURISHMENT: REAL FOOD FOR THE SOUL

FEBRUARY 3, 4, 2024

11AM-6PM ET

COST: \$225 (\$195 if paid by 1/25/24)

Sliding scale available

Held online via Zoom

REGISTRATION/ INFORMATION:

Contact Ilene Buchalter at buchalteri@msn.com

or our website

www.diamondapproachflorida.com

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