

Bob Ball & Jeanine Mamary - On Being Human - An in-depth Diamond Approach workshop

Explore the **depths of self-awareness, personal growth, and spiritual realization** through this immersive **Diamond Approach workshop** led by Bob Ball and Jeanine Mamary. Designed for those seeking **authentic transformation**, this program integrates **psychological insight, mindfulness, and spiritual wisdom** to help you uncover your **true essence**. Through guided teachings, meditative practices, and deep inquiry, you'll learn to **navigate emotions, dissolve inner barriers, and cultivate a deeper connection to yourself and the world**. Perfect for individuals on a path of **self-discovery and inner freedom**.

Bob Ball & Jeanine Mamary – On Being Human: An In-Depth Diamond Approach Workshop – A transformative exploration of self-discovery and personal growth through the Diamond Approach. This workshop integrates psychological insight, spiritual wisdom, and experiential practices to help participants deepen self-awareness, dissolve inner blocks, and cultivate authenticity. Ideal for those seeking profound inner work and a deeper understanding of their true nature.

On Being Human

An in-depth Diamond Approach workshop

What is a human being? What does it mean to be human?

How can one become more fully human? Questions such as these are important to consider deeply, not only for ourselves as each of us lives our own uniquely personal human life, but also for the evolution of humanity as a whole.

Embracing our humanness means including our limitations and shortcomings as well as our endless, unfathomable human potential. Using the perspectives and teaching of the Diamond Approach, this exploration is relevant for those familiar with the approach and other spiritual traditions, as well as those with no prior spiritual practice or path. This workshop, filmed over a long weekend, includes meditations, teachings and practical exercises.

Why learn with Conscious 2?

Conscious 2 is a world-leading online platform for mindfulness, yoga and conscious living. Featuring teachers such as *Byron Katie*, *Marianne Williamson* and *Ken Wilber*, Conscious 2 brings the intimacy and transmission of in person teachings to you

wherever you are in the world. Conscious 2 is particularly known for its broadcast quality production and easy to follow courses.

Course Curriculum

Day 1	
▶ 01. Meditation (22:56)	Start
▶ 02. Teaching: Humanness (45:12)	Start
▶ 03. Q and A: Humanness (39:25)	Start
▶ 04. Chanting and Meditation (24:17)	Start
▶ 05. Teaching: Heartfulness (41:07)	Start
▶ 06. Q and A: Heartfulness (25:56)	Start
Day 2	
▶ 07. Meditation (22:16)	Start
▶ 08. Teaching: Human Contact (45:32)	Start
▶ 09. Q and A: Human Contact (36:51)	Start
▶ 10. Afternoon Meditation (20:34)	Start
▶ 11. Teaching: Human Vulnerability (56:16)	Start
▶ 12. Q and A: Human Vulnerability (43:48)	Start
Day 3	
▶ 13. Introduction (6:15)	Start
▶ 14. Meditation (33:23)	Start
▶ 15. Teaching: Freedom of Being (45:57)	Start
▶ 16. Q and A: Freedom of Being (50:33)	Start