

Dear friend,

Thank you for your interest in Diamond Heart 11 (DH11). We are excited to see the enthusiasm and interest as this new group begins to take shape.

If you have not already, please read and sign the Diamond Approach [Information Statement](#) to give you a sense of the work we do. Please select “California Diamond Heart 11” as the Group Name from the dropdown menu.

You will find the DH11 questionnaire below. It is intentionally in-depth and penetrating, and is designed to bring forward areas of your experience that are relevant to the territory we will explore. The Diamond Approach is deep and challenging work and we want to make sure that it will be a good support for you in your journey toward self-knowing. It is not the right match for everyone. To this end, we invite you to consider filling out the form as an inquiry in and of itself. Take your time and sit with the questions, noticing the impact they have on you. Take the time you need to be truthful and real but don't overthink it/worry about getting it right.

The form itself will be held in strict confidentiality and only shared with teachers in the Diamond Approach who are involved in supporting you. We look forward to this first step in getting to know you.

Please download (under file menu) as a word document, save it and complete the form. Then upload it to Dropbox using this [secure link](#). There is also a \$100 application fee; we will send you payment instructions after you submit your application to Dropbox. You are encouraged to submit your application as soon as you have completed it. We will review applications on a rolling basis and a teacher will reach out to you to schedule a follow up conversation/interview. Please email [CADH11@ridhwan.org](mailto:CADH11@ridhwan.org) if you have any questions.

Thank you for your interest. We look forward to getting to know you.

Warmly,  
Ben, Deb, Eme, and Byron

## DH11 Questionnaire

Name:

Date:

Address:

Phone:

Birthdate:

Email:

1. How did you hear about the Ridhwan School and the Diamond Approach?
2. Have you ever applied to a Diamond Approach program, been a member of a Diamond Approach group, or had private sessions with a Ridhwan/Diamond Approach teacher? Please specify dates and length of time.
3. What interests you about this spiritual path?
4. If you have read any of the books by Hameed Ali (published under the pen name A.H. Almaas) or Karen Johnson, please indicate which ones by highlighting/bolding/circling them:  
  
*The Elixir of Enlightenment, Essence, Diamond Heart Book I, DH II, DH III, DH IV, DH V, The Void, The Pearl Beyond Price, Luminous Night's Journey, The Point of Existence, Facets of Unity, Spacecruiser Inquiry, Inner Journey Home, Brilliancy, The Unfolding Now, Runaway Realization, The Alchemy of Freedom, Love Unveiled, Nondual Love, The Power of Divine Eros, The Jeweled Path.*
5. What kinds of spiritual work have you been involved with in the past? Include the approximate dates and duration of each. What was your experience of being involved in each of them?
6. Do you have a current religious or spiritual involvement? Do you have an ongoing practice? Does your practice include the use of substances? If so, please describe.
7. Say something about your personal relationship to spirituality and what it means to you in your life.

- 8. Please give us a sense of what the general atmosphere was in your early home environment. Where did you grow up? Did you have an extended family? Siblings?**
  
- 9. Is your mother living? What was your relationship with her like as a child? Describe your current relationship with her. If deceased, how old were you when she died? What were the circumstances of her death?**
  
- 10. Is your father living? What was your relationship with him like as you were growing up? Describe your current relationship with him. If deceased, how old were you when he died? What were the circumstances of his death?**
  
- 11. Tell us something of your family's religious background. In what ways, if any, do you feel your early religious or spiritual experiences have influenced your current spiritual quest?**
  
- 12. Please describe major events or themes that stand out for you from your childhood?**
  
- 13. At what age did you leave home? What were the circumstances of your leaving?**
  
- 14. List significant intimate and/or sexual relationships, their duration, your age at the time, and briefly describe each. Are you currently in a relationship? For how long? If you are in one now, briefly describe it. As you review your relationship history, are you aware of any patterns to these relationships? What stands out for you?**
  
- 15. Do you have a family of your own now? Do you have children, a partner, or live in a community?**
  
- 16. What is your educational background?**
  
- 17. Briefly describe your work history. What is your current occupation? How do you feel about your job and the work you do? Are you able to cover your living expenses?**
  
- 18. If you are a student, what field are you in and what degree are you working toward?**
  
- 19. Are you currently seeing a psychotherapist, psychiatrist, counselor, bodyworker, or healer? If so, who are you seeing, for how long, and what are your reasons for working with them?**

- 20. List any significant experience with therapies (psychotherapy, psychiatric treatment, hospitalization, counseling, body-oriented therapies). Include the approximate dates and duration of each. What led you to these therapies and what were the circumstances of your stopping? In what way were they useful for you?**
  
- 21. Were you ever physically mistreated? We recognize the delicate nature of sharing this with us. It will help us to better support you if we have this information. Knowing the nature and extent of the abuse will be helpful. Does this abuse currently affect your life? If so, how? What steps have you taken to deal with this experience?**
  
- 22. Do you drink alcohol or use drugs? If so, what, how often, and how much? Do you, or does anyone in your life, consider your use of these a problem?**
  
- 23. What is your relationship to food, diet, and nutrition? Do you consider your relationship to food, diet, and nutrition a problem? Has it ever been a problem? If yes, please explain.**
  
- 24. Have you ever felt like you were falling apart? If so, describe your experience. Is this a familiar feeling? How did/do you deal with it?**
  
- 25. Have you ever been deeply and ongoingly depressed? If so, when and for how long? What were the circumstances that brought it about? What did you do to help yourself deal with the depression?**
  
- 26. Have you ever tried to harm yourself or seriously considered suicide? If so, when? Describe the circumstances around the attempt or around your thoughts of suicide. Has anyone in your family attempted or committed suicide? If so, identify which family member(s), and their age when the attempt was made or their age when they died.**
  
- 27. When you experience anger, frustration, and/or aggression, what is this like for you? What do you do when you feel very angry or frustrated? Have you ever expressed your aggression in a way that was not appropriate?**
  
- 28. Do you have any physical conditions that would make it difficult to attend a group in person, or participate in private sessions?**
  
- 29. We do some physical movement and breathing techniques to facilitate the practice of inquiry. It will be helpful for us to know about any physical limitations that you have. Please share anything of that nature with us.**

**30. How do you see yourself as a person? Include your strengths, obstacles, and what is developing in you.**

**31. What are you experiencing as the central issues in your life at this time?**

**32. Is there anything that we have not covered here that you feel is important for us know about you?**