



### A.H. Almaas: The Spiritually-Alive Body



A.H. Almaas is the pen name of A. Hameed Ali, founder of the Diamond Approach to Self-Realization. This is a contemporary teaching that developed within the context of both ancient spiritual teachings and modern depth psychology theories. Almaas has authored 18 books about spiritual realization, and he is the founder of the Ridhwan School for Spiritual Development. In this presentation, explore the connection between body and spirit, and discover the experience of consciousness as alive within the physical body.

**TOP EMBODIMENT TIP:** If you care about embodiment, the practice of sensing, looking, and listening will help a great deal. It will help spiritual embodiment, the aliveness in the body and the embodiment of spirit.

#### What Is Spiritual Aliveness?

- In exploring Spiritual Aliveness, Almaas speaks of the embodiment of spiritual realization and illumination, and the relationship between the physical and the spiritual. **To be spiritually alive, we feel the physical aliveness of our body.** Opening to our physical aliveness allows a deeper exploration of our spiritual dimensions.

#### How Can We Liberate Our Body?

- In order to experience the aliveness of the body, our body must be liberated from the patterns of tension and armouring, emotionally and mentally, that we have been conditioned to feel and that live in our body. When we hold tension and patterning in the physical body, our body is opaque and thick. It is not open to the flow of our spiritual nature. **Our spiritual nature comes through the body once we are able to release the patterns that we hold, mentally and emotionally, that exist within us, physically.** When we are able to liberate our body, we open ourselves up to feeling sensations within our body, to feeling our inner bodies being filled with presence and consciousness.

#### What Is Consciousness And How Does It Relate To The Body?

- When we feel sensations within our body, we are experiencing our own consciousness. This consciousness is an awareness of the self: how we are, what we experience, and what our bodies feel, sensorially. Our consciousness fills our body space and expands, enlivening the body, giving it life and presence. The aliveness of our body comes from our consciousness, which is our spiritual nature. **The body is an expression of consciousness and it is thus an expression of our spiritual nature.** The body is one dimension of the spirit; it is our sensing organ of spirit.

#### Resources

- ❖ **Website:** [www.diamondapproach.org](http://www.diamondapproach.org)



## A.H. Almaas





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**Ilan Stephani** is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

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