



Elements of the Real in Man

A.H. Almaas

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This four-volume series presents a collection of talks given by Almaas on topics such as faith, commitment, nobility and suffering, truth and compassion, allowing, and growing up. Through these talks, Almaas offers valuable guidance and advice for those on a spiritual path, and he explores the challenges and psychological barriers faced by those seeking self-realization.

Elements of the Real in Man Details

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From Reader Review Elements of the Real in Man for online ebook

Scott says

Haven't quite finished this one but it's a seminal work by a unique teacher, who seems very successful at integrating spiritual wisdom with modern depth psychology. This is a guy who seems to have figured a few things out, rather than regurgitating the usual aphorisms and spiritual pablum. Highly recommended.

Sabrina Fetters says

Waste of time.

Deborah says

This first book in the Diamond Heart Series offers openings to what the Diamond Approach calls Essential Qualities, qualities of presence, of our very being, i.e., value, trust, truth, curiosity. The Theory of Holes blew my mind the first time I read about that concept (Chapter 2). It explains why so often we're searching outside of ourselves for something that we feel like we're missing (happens a lot in relationships).

Glen Tucker says

A book that really appealed to me as it touches deeply on the spiritual journey and the challenges that the individual encounters on the path. I have a lot of experience and so was wondering if the book and the information could help me. It did but the book and the subject is not easy reading and I had to read it a chapter or two at a time. Probably need to revisit some of the information to fully absorb it. I have the second book and will tackle that after a breather because the book is intense.

Tony Bertauski says

As spiritual practice goes, AH Almaas writes the most accessible books for everyday living. Perhaps this writing isn't as useful to someone that hasn't worked with a group or teacher, whether it's Zen or some other meditative practice, but there is still much to gain from reading it.

Almaas has written many books, but the five books in the Diamond Heart series are among the best. I continue to read them and gain insight every time.

Don't miss this opportunity.

Squirrel says

Psychology meets enlightenment spirituality! Amazing stuff!

Elizabeth Andrew says

The Diamond Method came highly recommended by both a friend and by The Christine Center in central WI--a place I deeply respect. Without these endorsements, I doubt I ever would have picked up anything by Almas. I'm skeptical of spiritual teachers who talk in perpetual, sweeping generalities, who talk AT their students rather than engaging them in conversations, and who speak from a place of ultimate authority rather than curiosity. I guess I know too much about effective teaching.

But when I listened beyond these qualities, I found a lot to admire in Almas's words. I need to learn more about the origin and technique of the Diamond Method before I can speak to it with any authority, but it seems to me to be a practical method of supporting spiritual growth using both psychological insights and Sufi tradition. The framework is fresh, feels true to my experience, and so it's giving me a lot of food for thought. I plan to spend the next week journaling in response to passages I've underlined.

So in the beginning there is no faith, then there is faith, and at the end there is no faith. Faith is the intermediate state, the transition between belief and knowing.

--A.H.Almas, Diamond Heart, 54

Steve says

I dunno. Been rereading lots of stuff on my "Spirituality" shelves, attempting to sort the wheat from the chaff. Almas is smart and his theories of essence and holes is intriguing. But he writes all these books and wants to get you into a group to do "The Work" and, of course, that costs money, etc. It all seemed more cult-y to me this time around. I'm afraid I'm going with "chaff" here.

Nancy says

Oops, my "review" seems to have gone to some comment place. So, I'll repeat it. I thought this book clearly explained how we lose our essence as our personality develops and how we can go about remembering our essence again. I have the second book of this series and will be starting it soon.

Chris says

Almas at his most accessible. His brand of spiritual depth psychology explained in simple and insightful terms.

Eugene Pustoshkin says

This book and the whole series, being a transcript of lectures, is a great supplement to the main corpus of A. H. Almaas' more densely written works. It touches essential questions of life, the Work, each and every person's psychospiritual journey.

Mia says

Excellent. It's rambly at times since the book is transcribed from Almaas' talks, and he's definitely rambly, but very good stuff nonetheless.

Jason Miller says

A great start

This book is a great start to those interested in the Diamond Approach. It gives a taste of what's possible, what's new, what's not known, for those that yearn for it.

Sean Menzies says

An excellent book and introduction to the work of the Diamond Approach. It fairly clearly describes our loss of essence, the psychological holes in our ego structure and the process of non-interfering inquiry into our own selves - itself opening a process of self-remembering.
