

A. H. Almaas - "God as Essence" article

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A.. H. Almaas is the pen name for Abdul Hameed Al Ali ("Hameed Ali), a Kuwaiti American. An excellent bio and summary of his work is at [A. H. Almaas - Wikipedia](#). Almaas has formulated a spiritual program that is a combination of depth psychology and spiritual exploration. While he makes some references to the Sufi side of his native Muslim tradition, his teachings are mostly his own formulations. His teachings are at www.diamondapproach.org and his teaching community is [The Ridwhan School](#). Locally, his organization operates a retreat and conference center in Chester at <https://guesthousecenter.org/>. A younger Almaas explores Essence in a short video dialog with Dr. Jeffrey Mishlove linked [here](#). An older Almaas describes his encounter with Presence in a short dialog with Tami Simon on a video linked [here](#).

DISCUSSION QUESTIONS

- The Almaas reading in our Handbook for the Spirit is probably the sparsest one we will visit, with no references to the spiritual traditions and little reference to interpersonal, social, or cultural influences. His video shows him in a book-lined study, but he relies on personal authority in this reading. Does this enhance his message or make it too disconnected?
- Almaas views God as innate and our birthright, and the spiritual path is really one of removing obstructions. How does this compare to your spiritual path?
- For Ali, the experience of essence brings in the totality of all existence, the unity of all – in perfection and beauty. How do we hold this as we live in the messy world around us?
- Almaas discusses God in both relative and absolute terms. He also discusses a God that is immanent (actual physical nature) and transcendent (pure consciousness essence). Are we more attracted to one or the other of these aspects?
- Ali says that God must be found independent from the opinion of others – in our hearts, totally personal, in our inner aloneness. Is it really possible to fully make this distinction?
- Ali's school is based on earned personal inquiry into the truth of one's reality. He does not mention prayer or meditation. Does his message resonate with us?
- Almaas says that there is a radical transformation but also the process of opening to God is a continuing one. How does this compare to any of our own notions of enlightenment?