



The Heartwork Transformational Program

The Heartwork Transformational Program (HTP) is an annual program offering an extended, intensified immersion into the Heartwork process. The HTP also has two advanced programs: AHTP (Accelerated Heartwork Transformational Program) and “The Death March.” All are designed to assist you in bringing the power of Heartwork into your daily life with teachings and guidance from Dale Goldstein, the creator of Heartwork. You will join an interactive and supportive community of individuals from across the globe in learning and practicing this contemporary healing work on an ongoing basis.

The HTP consists of:

- Daily meditation
- Bi-weekly peer coaching using Heartwork tools
- Monthly two-hour conference calls with Dale and other HTP participants
- Four Mini-Retreats (HTP members)
- Four-day HTP Retreat
- 25% discount on all Heartwork sponsored events.
- Access to private website with HTP communications
- Receive credit towards qualification as a Certified Heartwork Facilitator. HTP is a prerequisite for the training program being developed to spread Heartwork around the world.

All of the aspects of the HTP are optional.

This year’s HTP will explore “Relationship.” Specifically, we will look at the factors that create intimacy and healing in relationships. We will also explore and gain insight into those factors that create separation and dis-ease. The HTP will work with the “Relationship Transformers” in greater depth than is possible in a Relationship Retreat, and will include material from books on the subject by John Welwood, Stephen and Ondrea Levine, and Marshall Rosenberg. AHTP will be exploring “Healing Relationships” in even greater depth. Individuals signing up for “The Death March” will explore, as profoundly as possible, the depth and breadth of Being - all aspects of it: the spiritual, the personal, and the interpersonal.

The AHTP consists of all HTP offerings, plus two additional Mini-Retreats. AHTP’ers may also elect to participate in the following experiences for an additional fee:

- An extra day after the HTP Retreat
- Four-day AHTP Retreat

The Death March consists of all AHTP offerings, plus it will meet for 2 hours twice-a-month via conference call and/or videoconferencing. The meetings will include individual work, group work, and discussion, with a commitment to not hold back! Our goal will be to look as deeply as we possibly can: minute-after-minute, hour-after-hour, meeting-after-meeting, month-after-month, using the of energy our collective intention as a powerful support for our inquiry into Who and What we really are, and What this is all about.



Dale Goldstein



New Insights gained from the HTP Retreat 2009

"I am aware in a new way of how I stuff my feelings of hurt/pain – and how very destructive that is to those I love and especially how painful it is to me."

"I saw how much I enjoy doing this work. That it is the only way for me to live –I can't back away from it. As I got more familiar with some of the emotional terrain that is inside me, I also saw that I can do it. And now I'm more willing and able to do it."

"We are all on the 'same' journey, simply at different stages. It was such an honor to witness those who are 'closer' to their true spiritual self. And, people in this retreat seemed to really honor and support each other right where they are. People took responsibility for their own 'stuff.' "

"How truly connected we are.... we are all one, I feel this will help me with my "ego" work."

"I found where true power comes from, at least for me."

"I found that the community is essential to me and my journey, my process...everything. My biggest breakthrough yet, came to me during this Retreat. Again, the format really made this possible (at least I feel that it did)."

"I came face to face with my resistance – learned to be with it, acknowledge it in order to keep going / loving / learning"

"My presence is my connection with my essence, my true being. It is my connection to God and other beings, and the journey of my life. It is also the only way that I can find what I need and truly 'want.' It is the only way that I can truly feel love!"

All HTP'ers may add as many of the following practices/experiences as they choose:

For-fee (facilitated by Dale):

- Private sessions
- Personal intensives
- Guided solitary retreats

Free:

- Meditation Group (on alternate months from mini-retreats: meditate together for an hour, open discussion about the work of Heartwork for an hour via conference call)
- Study Groups to work with the homework and readings
- Study Groups to work with special topics (i.e., dreams, anger, worthlessness, etc.)
- Access to scripts of previous Mini-Retreats
- Mentor 1st year HTP'er
- Group project to take Heartwork out into the world Meditation Group (on alternate months from mini-retreats: meditate together for an hour, open discussion about the work of Heartwork for an hour.)