

Dale Goldstein

# A Heartwork Retreat

*How To Get What You Really, REALLY Want*

In the heart of every problem lies its solution. We spend enormous amounts of time and energy searching for answers outside ourselves, when the answers have been within us all along.

Heartwork is a simple, direct, powerful, yet gentle tool that teaches us to find fundamental solutions to both everyday problems and the more difficult life questions, transforming dilemmas into portals to compassion, insight, and joy.

Led by Dale Goldstein, author of *Heartwork: How to Get What You Really, REALLY Want*, we:

- Discover what we desire at the deepest level of our being
- Uncover what is in the way of manifesting what we want in our life
- Learn how to gently move through the internal barriers that prevent us from attaining our goals

Through experiential exercises, periodic talks, and discussion periods, we learn to see our personal queries and blocks as doorways to the answers in our heart.

*Wear loose, comfortable clothing. Recommended reading: Goldstein, Heartwork.*

*Dale Goldstein, LCSW, is a psychotherapist, international workshop leader, and author. Since 1966, he has been actively exploring the uses of meditative, healing, and psychotherapeutic tools in the process of opening the heart and mind. [AwakenTheHeart.org](http://AwakenTheHeart.org)*



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