

# Heartwork Transformational Program

*There is nothing but water in the holy pools.  
I know, I have been swimming in them.  
All the gods sculpted of wood or ivory can't say a word.  
I know, I have been crying out to them.  
The sacred Books of the East are nothing but words  
I looked through their covers one day sideways.  
What Kabir talks of is only what he has lived through.  
If you have not lived through something, it is not true.*

— Kabir



The Heartwork Transformational Program (HTP) is designed to assist you to bring 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 to learn and practice this contemporary healing work on an ongoing basis.

HTP is an annual program offering an extended, intensified immersion into the Heartwork process with three primary goals for participants to achieve:

- A basic experiential and conceptual understanding of Heartwork.
- A fundamental understanding of how to use the Heartwork process as a tool for one's own personal growth and service with others; and, most importantly,
- Claiming as much of one's truth as possible.

Members are taught tools for inner work to build and deepen their personal daily practice, as well as trading sessions with an HTP partner. The group meets via conference calls twice a month where members work one-on-one with Dale in a space of community, connection, and guidance. The highlight of the HTP year is a four-day retreat just for members. All aspects of the HTP are optional.

The membership fee is \$127 per month per year. This fee includes the registration fee and room/board for the HTP Retreat (\$1040 of the total HTP fee). The prerequisite for joining the program is participation in a three-day or longer Heartwork event, or six months of private work with Dale.

HTP Membership benefits:

- 25% discount on all Heartwork Institute sponsored events.
- Access to private website with HTP information, members' pages, and book club.
- Receive credit towards qualification as a Certified Heartwork Facilitator. HTP will be a prerequisite for the training program being developed to spread Heartwork around the world.

To register for the HTP please email [heartwrk@rochester.rr.com](mailto:heartwrk@rochester.rr.com) or call 888.340.9865 and request a registration form and application. Several payment options are outlined in detail on the registration form, including discounts for paying in full up front, or with a 50% deposit. Credit card and Pay Pal options are also available for a small additional fee. Work-study credit may be used and scholarships are provided when funds are available.

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# Comments from HTP members:

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HTP brings structure, guidance, and deepening to my life practice. I find myself counting down the days till our group conference calls. It's much more than a phone call, these calls are full of love, support, sharing, vulnerability, trust, and guidance. My individual and partner work are the lovely jewels that twinkle and sparkle every time I keep my commitment to shine. For me, HTP is taking Heartwork and bringing it home.

Kimber S.

It is really important for me to share my HTP experiences...I am amazed at the depth of the inner work that has been accomplished with my buddy...the fact that we have never met before makes it even more profound...what matters most is our commitment to doing our work and REALLY being present and supportive of each other...I so look forward to our phone visits as well as our monthly conference calls with the HTP community...building community of like minded people has been my deepest desire...and to really put this into daily life has made a tremendous difference in my life. I feel much more connected and thus less isolated...to see and feel the bond deepening is such a blessing... I am truly grateful to Dale and the HTP community.

Marlene M.

I was reluctant to join the HTP program because I didn't feel I had the time to commit to talking with a partner or participating on the group calls, and I felt like I could follow my own path of reading and tuning into myself without this kind of network. But I took a chance and I've found that the program has helped in my myriad small ways. I've had 3-6 opportunities a month to be fully present while listening to, and sharing with, others. That's 3-6 more times than I would have if I were just doing my own thing. And Heartwork is a momentum-building practice, as anyone knows who has done a Weekend or Retreat. So, these 3-6 times a month I've sunk down into the moment, what has come out of it is less huge epiphanies than a courage and strength to go deeper, to allow my resistance to be broken. I credit the HTP for this new dimension to my spiritual practice.

CD

The challenges and demands of work, family, peers, and my mind are constantly drawing me in, demanding my attention and consuming my awareness. This constantly erodes my presence and mindfulness. It robs me of life's pleasures and limits my abilities in all that I do. HTP does two fundamental things for me. It provides me with a commitment to stop, look, feel, and totally realize where I am on a regular basis. Most importantly it provides me with the support of a community - a community that is as committed as I am, all committed to support each other.

Greg B.

I am learning to nurture and take care of the child within. I need no one to do this for me...it's learning to take care of me in the moment, and in turn I am able to be there for others when the time is needed. I am blessed to be able to do this work with my HTP partners.

Margie M.

Through the HTP my buddy helps me remember again and again what simple miracles committed, loving presence can create. I have been repeatedly astounded at the awareness, presence and tenderness that can come my way through a phone line. I have found that my consistent practice with my buddy is really training me to be more present for myself and for the other loved ones in my life -- to remember more often that I have the option to be present, to be in soft belly and to open to the difficult and the wonderful in my life. I love the new format of the HTP calls! The question Dale asked last week and all the thoughtful responses are still echoing in my heart...

KD

The HTP experience has multiplied my progress towards improving my life and the life of my family exponentially. I have learned that each of us experiences pain, rejection, judgment, and doubt and that each of us thrives with love and kindness and compassion. I have managed to bring this lesson one step further into my life and am learning to nurture myself in new ways to live more consciously and experience each moment for what it "really is." We may all have different jobs and roles in this world, but when it comes to the core of our BEING we all seek the same things, basically love and acceptance. Working together on a core level, we are able to support one another as each of us moves closer and closer to our "true nature."

Michele B.

So far, my participation in the Heartwork Transformational Program has helped me solidify my personal practice and I am noticing the changes. Through commitment to myself and to the others in the group I feel the old fearful patterns falling away. I am becoming more and more present to what is going on in my mind and am able to detach from all the judgments that I put on my thoughts. My boundaries are expanding and I feel freer and more relaxed with who I am and where I am in my life. Most of all, I feel more love and compassion for others, connecting with their beauty, pain, and uniqueness, and seeing it as the same as my own. I want to give more. The ongoing sessions and conference calls have been key in keeping the process alive and moving forward.

Alex B.

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