



Heartwork Forgiveness Retreat

October 16-20 & October 20-25

Without forgiveness, life is governed by an endless cycle of resentment and retaliation.

– Robert Assagioli

The **Heartwork Forgiveness Retreat** is a nine day immersion into the dynamic inner work of the Heartwork process. The first four days are a Heartwork Retreat, where participants learn how to use the principal Heartwork tools to move through self-created suffering; in the last five days, we will explore the nature and process of forgiveness – the heart of Heartwork. The Heartwork Forgiveness Retreat provides an individual with three distinct opportunities.

The first four days provide a space in which you may:

- Dis(un)cover what's in the way of your having what you really want in your life.
- Let go as deeply as you possibly can into the truth of your being-in-the-moment, so that you may come to know who and what you really are.

In the next five days :

- Come to understand the true meaning of forgiveness and to be able to use this understanding for your own healing throughout your life.

We will explore and work in and through - experientially and didactically - the phases of forgiveness: understanding forgiveness; acknowledging and claiming the wound; releasing guilt and self-blame/victimization; allowing indignation, anger/hate, and blame; desiring revenge; choosing to forgive; healing/seeing clearly all that happened; taking responsibility for one's part; reconciling (if desired); reforming one's self-image and beliefs; integrating into larger picture; seeing more deeply into the true nature of forgiveness; and, letting go/moving on.

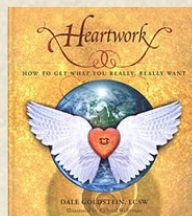
The Retreat will be held at the beautiful Commander's Point in Austin, Texas, beginning on Friday, October 16 and ending on Sunday, October 25.

For those who can't attend the full nine days, one may attend the first 4 days until Tuesday, October 20th; or the last 5 days only (must have attended a Heartwork Retreat previously), October 20th to October 25th .

Dale Goldstein is a psychotherapist, workshop leader, and director of the Heartwork Institute, Inc., in Rochester, NY. Since 1966, Dale has explored the uses of meditative, healing, and psychotherapeutic tools for opening the heart/mind and worked for over 30 years with a number of world-renowned teachers.



To learn more, visit www.awakentheheart.org



Dale's Award Winning book, Heartwork: How To Get What You Really, REALLY Want, will be source material for the retreat, so reading it before you come will enhance your experience.

Purchase at www.heartworkstore.com, Amazon.com, or your local bookstore.

Body/Energy Work Being Offered

Body/Energy work will be offered by JoAnn Gorka and Margie Mensik the first four days of the retreat.

TUITION FEES ARE:

- ♥ \$1550 for the full 9 days, or \$850 for the first 4 days and \$950 for the last 5 days if received before September 8, 2009. If received on or after September 8th, \$1650 for the full 9 days, or \$950 for the first 4 days and \$1050 for the last 5 days .
- ♥ A repeater's discount of \$200 is offered for both the first 4 days for those who have done a previous Heartwork Retreat and the last 5 days to those who have done a previous Forgiveness Retreat.
- ♥ Couples (2 people in an ongoing committed relationship) can receive \$400 off the second person's tuition (\$200 off Part 1 and \$200 off Part 2 - total discount \$400). Only one of the above discounts/credits allowed per person/couple.
- ♥ Discounts for Referrals – 25% discount for each participant enrolled up to the full fee of the enroller. Discount will be figured on the lesser of the 2 fees.
- ♥ HTP members receive a 25% discount after the above discounts have been applied.
- ♥ All discounts exclude food and lodging; these fees must be paid in full.
9 day attendees Food and Lodging Fee: \$630.00
4 day attendees Food and Lodging Fee: \$280.00
5 day attendees Food and Lodging Fee: \$350.00

REGISTRATION POLICIES:

The **Heartwork Forgiveness Retreat** is nine days in duration and all are encouraged to attend the entire event, but one may attend the first 4 days for the Heartwork Retreat, or the last 5 days for the Forgiveness Retreat if one's schedule prohibits full participation. The Heartwork Retreat begins at 5:00 p.m. on Friday, October 16th and will end at 2:00 p.m. on October 20th. The Forgiveness Retreat will begin at 5:00 p.m. on Tuesday, October 20th and will end at 2:00 p.m. on Sunday, October 25th.

Registration is limited, and participants are accepted on a first-come, first-served basis. If we cancel the event or determine that it is not appropriate for you, your deposit will be refunded in full. If you cancel prior to the Early Registration Date (Sept. 8th), we will refund your deposit, less a \$50 administrative fee. If you cancel after the Early Registration Date, your deposit is non-refundable, but can be used for a future Heartwork event.

To hold a place for yourself, please send a deposit of 50% to:
Heartwork Institute, 882 Titus Ave., Rochester, NY 14617.

For further information, call Michele Baldwin at 888.340.9865, or email her at awakentheheart@gmail.com

Scholarships and Work-Study stipends are available on an as-needed basis.

Please call 888.340.9865 to register.