

Meditation and Inquiry Group



Inquiry is a process of nuzzling into God's bosom, delving into the secrets of existence. Ego encrustations begin to break up when we start to see images as images, structures as structures, patterns as patterns, and projections as projections. All of these are created and held together by our beliefs that they are reality. The more you see them as they truly are, the less you believe in them and the more they start to break up and dissolve. - A. H. Almaas

From May 1st through July 31st, Dale Goldstein will facilitate a three-month immersion into the Heartwork process using the primary Heartwork tools of meditation and Inquiry.

The format consists of:

- Daily meditation practice
- Weekly co-counseling trades with a fellow participant
- Two 2-hour group experiential and didactic sessions per month
- Monthly 24-hour mini-retreats

The group guidance and mini-retreats will take place via conference call; the co-counseling will be arranged in the first week of the program. The dates and times that we meet will be determined by the availability of the participants. The mini-retreats will start on a Friday or Saturday at 9:00 p.m. and end the following night at 9:00 p.m.

We will practice the meditations taught in the recent "Year of Letting Go" Heartwork Transformational Program. Those who didn't participate in the HTP can learn the meditations from the online recording of the March, 2011, *Letting Go Mini-Retreat*. Participants will also be able to partake in the first six mini-retreats from HTP 2011 for no charge (normally \$375).

The group is open to anyone who wishes to learn how to use these powerful tools for resolving inner conflicts and transforming one's life. The fee for the three-month Meditation and Inquiry Group is \$475 if one registers by April 1st, and \$575 thereafter. Participants who register before April 1st will have a say in when the events happen. To register, please send in the registration form below along with a non-refundable deposit of \$250 to the Heartwork Institute.

For more information, call Dale at 585-544-8124 or email him at dalegee22@gmail.com.

REGISTRATION: To hold a place, a non-refundable registration fee of \$250.00 is required. The balance of \$225.00 (if registration is received by April 1st, \$325.00 thereafter) is due at the first session. If this group is canceled, or it is determined that it is not appropriate for you, your deposit will be refunded in full. If you are registering before March 1st, please provide days of the week and times of day that are **ABSOLUTELY IMPOSSIBLE** for you to meet. This information will be used to set the meeting dates and times for the group.

Scholarship funds & work-study opportunities are available on a limited basis. Request an application and apply early if you are interested.

Send completed registration to: Heartwork Institute, Inc., 882 Titus Avenue, Rochester, NY 14617 585-544-8124

Name _____ Email: _____

Phone: (h) _____ (w) _____ (c) _____

City: _____ State: _____ Zip: _____

Days of the week & times of day I am **ABSOLUTELY UNAVAILABLE** to meet: _____

Please register me for the 2012 Meditation and Inquiry Group. Enclosed is my registration fee of \$250.