

HEARTWORK INSTITUTE

2nd Edition—Fall 2008

Dear Heartworker:

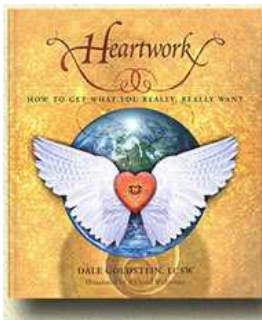
10/3/2008

We are updating our email data and would like to ask that you take a moment to send your updated email information to us at awakentheheart@gmail.com

As time goes by individual's email addresses change and HWI has about 150 emails today that are now unreachable. If you are not getting emails from HWI with our offerings and would like to be included on our email list, please let us know by sending your updated info as soon as you are able.

Blessings to you,

Heartwork Institute, Inc.



Heartwork Institute, Inc. has made a few generous changes to the HWI Scholarship Program. We are hoping to communicate these new parameters to

ALL who may benefit from this program:

- ◆ Scholarship Funds can be applied for and used to pay for Heartwork Transformational Program (HTP).
- ◆ Apply if you are currently in the HTP Program or if you are joining us as a NEW member of the HTP program.
- ◆ For the next 2 weeks, HWI is extending the early registration pricing on up-coming events to all who are applying for Scholarship, due to these latest changes to the program.
- ◆ There is the option of completing HWI Work-study before an event to help pay for a portion of your remaining balance in hours worked rather than cash.
- ◆ Tuition plus lodging now are included in the Scholarship calculation.
- ◆ A portion of travel expenses can be covered for those who qualify, up to a max of \$150.
- ◆ If you qualify for Scholarship you will have the option of paying your remaining balance over a 12 month period.

Request an application by calling: 888-340-9865 or find the application online at

http://www.awakentheheart.org/files/hwi_scholarship_Application.doc.pdf

24 HOUR Mini-Retreat: begins October 10th.

The retreat can be done from any location as a Single or in a Group. The retreat is designed for people wanting to: Experience the Heartwork meditative process, and/or deepen their inner work. Please know that Heartwork is a way of being in the world, not just something you do when you can find the time to get away from your life! It is about learning how to live one's life in a more open, loving, appreciative way. So, while you may not be able to participate in ALL the experiences or ALL the group discussions via conference call, you can definitely participate in the retreat even, and perhaps especially, in the midst of activities in the world.

Join us on October 10th!

Letting Go II Retreat, Austin, TX:

November 15th - 23rd.

Heartwork is a process of letting go into the Truth of one's Being-in-the-moment. In this retreat, we will let go with ever-increasing subtlety into and through the barriers that separate us from our True Nature. Participants can attend 5 or 8 days of this retreat.

Heartwork Transformational Program (HTP):

RETREAT DATES: FEB 18 - FEB 22, 2009

Open Enrollment through 1/31/09, 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. Year 2 of HTP is offering participants an opportunity to USE the tools as a group and individually. Consider joining this community of committed individuals. You are qualified to participate in this program if you have completed a Heartwork Residential Event.

Please consider applying for a Scholarship. We hope to you are able to join us in October and November, and that many of you will join us in HTP.

Update on Donations - Share this journey with others

As a result of the generosity of a number of individuals who have offered their support, we now have over \$5000 available for scholarships! We also have over \$10,000 in matching scholarship donations and pledges, and expect to receive additional matching donations totaling \$12,500 by mid-October, that need to be matched by others like yourself who wish to support the Scholarship Fund. These monies, when matched, will double the ability of the Heartwork Institute to allow new people to experience the life-changing events that Heartwork offers. We need your support with this, as these donations will only become available when they are matched by the generosity of others like yourself. Please consider contributing to this win-win-win-win situation today. You may earmark your donation for specific individuals if you wish.

All donations to the Heartwork Institute, Inc., a 501(c)3 not-for-profit organization, are tax-deductible.

INQUIRY GROUP

Inquiry is a Wonder-FULL tool.

As we complete our first year of Inquiry Group sessions, we are opening enrollment to the Inquiry Group once again to ALL who would like to participate in this very special group. This unique opportunity allows you to participate either in person or via conference line from any place on the planet. The group generally meets on Saturdays every other month throughout the year.

If you would like to join us for the next year, please let us know by sending an email to awakentheheart@gmail.com noting your interest in this group.

Inquiry as a Tool...

Inquiry opens the soul to its experience in the present in a more complete way, whatever the nature of that experience. Inquiry is always present-centered and it always brings us into direct contact with our experience, at first through our feelings, body-centered experience, thoughts, memories, and associations, and then through direct knowing of presence or essence.

As we begin to practice inquiry, the true nature of the soul guides its unfolding. The unconscious is revealed more completely, and the barriers that limit the soul are exposed. - excerpt from *The Diamond Approach* and *The Inner Journey Home* By Tim J Sullivan, M.Sc. and John Davis, Ph.D.

Testimonials from current Heartwork Inquiry Group participants:

This committed group of impeccably honest people, along with Dale's gentle, loving, and compassionate guidance has given me a safe haven in which to explore my darkest shadows and suffering, a place I cannot go alone.... I am so grateful for the support of this group and Dale. - Sheri Herendeen

The Inquiry setting provided an extremely safe and non-judgmental forum, allowing me to explore and express my innermost feelings. At the same time, it was provocative, in that the expression of others' fears and feelings stirred long-buried fears and blocks of my own. Inquiry disturbs long-held preconceptions of self, holds up the mirror of others in similar pain, and begins to loosen the chains of suffering that we all have bound so tightly around our own fragile hearts. The epiphany of Inquiry is: "I am not alone." From that point begins the journey of exploration into the true essence of who we are, why we suffer and what we want. - Barbara Petranek

Participation in the Inquiry Group as a conference call participant has become a vital part of my process and path in the past 6 months. Inquiry has helped me accelerate my process more than any other teaching that I have experienced. My husband and I use Inquiry together in our relationship and on our personal journeys. Through our group participation we have learned this valuable tool and have allowed it to take us to a place of heightened honesty within ourselves and with each other. I recommend Inquiry to anyone who is looking to increase their awareness of themselves personally and in relationship. I recommend participation in the Inquiry Group as a way to learn, practice, and perfect this tool as part of your inward journey. - Michele Baldwin

Inquiry is one of the "kinder and gentler" methods of Heartwork, and for me, that was important as it helped me to hear my own voice and wisdom in a new way. The environment allowed me to be less "performance based" and less judgmental. The group was supportive in every way. - Andrew Glasgow

The Heartwork Inquiry Group has given me a sense of community, and the safety to express things that I haven't ever really been able to express before. It's wonderful to walk into a room full of people and not worry about any kind of judgment or criticism, because we are all in this together. - Jessica Isaac

When I arrive at the Inquiry Group, I know that I have several hours of focused attention on what is moving underneath the busyness of

daily living. For a few hours, I allow myself to listen within without judging - rather, instead, with curiosity. And, the sharing we give to each other is a loving reminder that we are all one. - Donna Ries

Inquiry is a supreme tool for discovering Truth in this present moment, and to use this tool with others—whose hearts are open and supportive to the truth of Who You Are—is an opportunity rarely available, and a precious opportunity for those whose lives allow them to participate. - Richard Wehrman

Inquiry, and the Inquiry Group, have helped me bring the inner, penetrating eye, the one that opens in Heartwork retreats, further into the hustle and hassle of daily life. - Kenneth Rich

Inquiry is where I find my answers. It is the tool that I can use after I have broken through my barriers and I am ready to learn truth. From truth I can become aware of myself and the world around me. From this perspective, I can make better decisions. I try to practice Inquiry frequently, both alone and with my wife. The Inquiry Group has been an excellent opportunity for me: to get started and to keep going. I definitely plan to continue with the group when it re-forms. - Greg Baldwin

Joining the Inquiry Group a few months ago is one of the best things I've done for myself this year. The inquiry tool is powerful and has helped me to look more deeply into myself than I've been able to in the past. I'm one of the Inquirers who calls into the sessions. Although I thought it might not work for me, it has turned out to be fine. I have partnered with two other people who call in also, and we have worked very well together. We talk regularly, both during the Inquiry workshops and in between, putting the Inquiry method into practice. - Meredith Ruland

The inquiry group gives me a safe place to practice the heartwork tools on an ongoing basis with a group of people that I know and trust. Since the meetings occur on an ongoing basis, they allow me to continue the work that starts at the retreats.—Simon Barnett