

Heartwork Transformational Program 2011-2012

*Try to do everything with a mind that lets go.
If you let go a little, you will have a little peace.
If you let go a lot, you will have a lot of peace.
If you let go completely, you will know complete peace and freedom.
Your struggles with the world will have come to an end.
~ Venerable Achaan Chah*

Heartwork is a process of "letting go with awareness into the Truth of one's Being-in-the-moment."

We will journey together into The Mystery this year, letting go progressively deeper into the unknown in order to directly and clearly see and understand Who and What we really are, to uncover Reality by going beyond what we think, believe, and imagine ourselves and the world to be.



This process is the essential foundation of Heartwork, through which Heartwork came into existence and continues to evolve.

The Heartwork Transformational Program (HTP) is an annual program offering an extended, intensified immersion into the Heartwork process.

The Accelerated Heartwork Transformational Program (AHTP) is for those who wish to go even deeper into the work being offered. Both are designed to bring Heartwork into your daily life with teaching and guidance from Dale Goldstein, the creator of Heartwork.

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The Heartwork Transformational Program Includes:

- Daily meditation
- Peer co-counseling using Heartwork tools - bi-weekly (HTP) or weekly (AHTP)
- Two-hour conference calls with Dale and other HTP participants - monthly (HTP) or semi-monthly (AHTP)
- 24-hour Mini-Retreats - six (HTP) or twelve (AHTP)
- Letting Go III Retreat: 4 days (HTP), 7 days (AHTP)
- Five-day AHTP Retreat
- 25% discount on all Heartwork-sponsored events.
- **50% discount on Letting Go III Retreat**
- Private website with HTP communications

NOTES:

- All aspects of the HTP are optional.
- The 2011-12 AHTP is a pre-requisite, along with a Heartwork Basic Intensive, for the three-year Heartwork Facilitator Training, which will begin in August 2012.
- Complete details and registration information can be found on our website at www.awakentheheart.org/events

Sharing our Experience:

The Heartwork Transformational Programs propel me to step up to the plate, to be all that I can be, fearlessly and with courage. - Carole

It is easy to go to a Retreat/Workshop, go home and say, "Well, that was great!" We then resume our daily repetitive routines. My participation in HTP allows me to continue my inner journey throughout the year and has provided me with a sense of awareness that I never thought possible. I now can look at everyday situations and understand that the problems are not against me, but lessons For Me! - Janice

I highly recommend that you do Heartwork on a monthly basis. It allows you to stay balanced and clear out the clutter of daily life that builds up ever so quickly. - Brian S

I am so grateful for the chance to experience both my joy and my sorrow fully and to be more completely alive. HTP and Dale have helped me so very much. - Sara

I find I have greater acceptance & compassion for myself and others, and as a result, I move through the world with ease. I have so much more space to just be! - Michele

*Abandon this fleeting world, abandon yourself,
Then the moon and flowers will guide you along the Way.
- Ryokan*