



Days of Heartwork:

Meditation and Inquiry

9/27/14, 12/13/14, 4/18/15, 6/20/15
Rochester, NY (also via Skype)

When we talk about understanding, surely it takes place only when the mind listens completely - the mind being your heart, your nerves, your ears - when you give your whole attention to it.

J. Krishnamurti

Meditation and Inquiry are complementary processes.

Meditation opens one's heart-mind and brings one into Presence, from whence Inquiry takes on an entirely different character.

This is the place where true understanding and realization come from, and where the Heartwork process becomes the Great Adventure of unfolding into the depths of Being.

Join us for a full day event that will open your heart and mind.

Fee: \$100 for full day event when registering at least 30 days in advance. After that, the cost is \$150.

Scholarships and work-study are available for those who qualify.

To register, contact Heartwork Institute at awakentheheart@gmail.com or 888-340-9865, or send a check for full amount to the Heartwork Institute, 882 Titus Avenue, Rochester, NY 14617. Visa and MasterCard accepted.

"The combination of unwinding, meditation, inquiry, and ecstatic dance unleashed the self I have dreamed of becoming. I sensed it was in there. This retreat pulled the stopper off and let it out."

Dave I.

"Being in this group experience was very powerful because ALL of the participants, including Dale, provided kindling for the fire that was growing in my belly. Without their presence (and sometimes non-presence) all of the buried treasure, the emotions that contain so much power, the rage, fear, anger, and the joy, love, and kindness, would not have shown up and neither would 'I.'"

Val S.