

Heartwork 2017

WINTER-SUMMER

*"The spiritual journey is one of going I know
not where by a path I know not how."
- Roshi Philip Kapleau*

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Founded in 1981 by Dale Goldstein, LCSW, Heartwork is a process of letting go with awareness into the truth of our being-in-the-moment, so that we can free ourselves of the self-imposed barriers that prevent us from having what we really, really want. A synthesis of Eastern and Western approaches to healing, Heartwork teaches tools that resolve problems at their core and open the "heart of compassion," providing us with a way of living in deep peace and simple joy.

Days & Weekends of Heartwork: Meditation and Inquiry

Meditation and Inquiry are complementary processes. Meditation opens one's heart-mind and brings one into Presence, allowing for the Inquiry process to reveal real Understanding. This is where the Heartwork process becomes the Great Adventure of unfolding into the depths of True Nature. This year, we will have both Days and non-residential Weekends of Heartwork.

Day of Heartwork: February 11, 2017, 9:00 am - 7:00 pm
Weekend of Heartwork: June 3-4, 2017, 9:00 am - 7:00 pm
& 9:00 am - 5:00 pm
Both will be held at 882 Titus Ave, Rochester, NY 14617

Fees: Day of Heartwork - \$175, Weekend of Heartwork - \$275.
\$50 Early-bird Discount for registering at least 30 days in advance!

Inner Work Groups

The Inner Work Group uses meditation and inquiry, combined with one-on-one work with Dale, group discussion and short talks by Dale, to help participants deepen their inner work. One group meets from 6:30-9:30 pm in Dale's office, the other is a Teleconference Inner Work Group that connects by phone. Both groups meet about every other week for 3-4 months at a time when (ideally) all participants are available.

Fees are \$50/meeting (\$300 to \$450, depending on the number of meetings), and sliding scale and/or work-study are available. Contact us to check on openings and starting dates for the next group.

Solitary Retreats

Solitary Retreats begin on a Friday night at 9:00 pm Eastern Time and end on Sunday night at 9:00 pm. You can participate for both days (preferably), or just one day if your time is limited. You are welcome to participate alone or in a group, from wherever you can be undisturbed and undistracted. There is no set fee for the Solitary Retreat. (Donations to the Heartwork Institute are appreciated).

All Heartwork processes aim to surrender into the Truth of one's being-in-the-moment, accomplished through the use of meditation and inquiry. Each individual's Solitary Retreat will have a different balance of these tools. Your retreat is self-guided, using the Heartwork tool you feel is most appropriate at the time. We hold five conference calls - Friday at 9:00 pm, and Saturday and Sunday at 1:00 and 8:00 pm - during which time you may share your process and/or receive guidance from Dale.

For those who are new to the Heartwork process, there is a significant amount of preparatory work, so it is a good idea to register early.

April 21-23, 2017, and August 25-27, 2017
Each take place 9:00 am Friday to 9:00 pm Sunday.

Fall-Winter Heartwork events, including the annual Residential 3-5 Day Heartwork Retreat will be announced in the near future.

To request an application for any event, please email awakentheheart@gmail.com or call 888-340-9865.

Work-study and sliding-scale are available for most events. All major credit cards accepted.

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