



Heartwork 2020 *1st Quarter*

*"Your task is not to seek for love,
but merely to seek and find all the barriers within yourself
that you have built against it." – Rumi*

Founded in 1981 by Dale Goldstein, MSW, Heartwork is a process of letting go with awareness into the truth of one's Being-in-the-moment, so that one can free oneself of the self-imposed barriers that prevent one from having what one really, Really wants. 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 one with a way of living in deep peace and simple joy. Dale is the author of the award-winning book, Heartwork: How To Get What You Really, REALLY Want, available at www.awakentheheart.org.

SOLITARY RETREAT

January 25, 2020, Saturday (9:00 am- 9:00 pm)

All Heartwork processes aim to surrender into the Truth of one's Being-in-the-moment, accomplished through meditation and inquiry as the primary Heartwork tools. 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 in the moment. We hold three conference calls during the retreat – Saturday at 9:00 am, 2:00 pm and 8:00 pm – when you may share your process and receive guidance from Dale. 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). 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.

RELATIONSHIP MINI-RETREAT

March 13-15, 2020, Friday (6:00 pm) to Sunday (6:00 pm)

The retreat will focus on learning and practicing the primary Relationship Transformers: Inquiry, Just Listening, Freeze Frame, Guided Heartwork, THE Relationship Formula, and The Difficult Conversation, and will also include meditations and Unwinding.

The Retreat is non-residential. Participants who live in the Rochester area, and those who are willing to travel to Rochester can do their work here in our beautiful newly renovated spaces. Others can Zoom in to the retreat. The retreat will be held Friday 6:00 pm -9:00 pm, Saturday 9:00 am-6:00 pm, and Sunday 9:00 am-6:00 pm. The fee for the retreat is \$250, and scholarships and work-study (for locals) are available.

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. The fee for the 7 sessions is \$350.

Zoom Inner Work Group: (connects via Zoom)

January 4, 2020, Saturday (9:00 am-12:00 pm)

January 18, 2020, Saturday (1:00 pm-4:00 pm)

January 27, 2020, Monday (6:30 pm-9:30 pm)

February 8, 2020, Saturday (9:00 am-12:00pm)

February 22, 2020, Saturday (9:00 am-12:00pm)

March 11, 2020, Wednesday (6:30 pm-9:30 pm)

March 28, 2020, Saturday (9:00 am-12:00pm)

Local Inner Work Group: (meets in Dale's office)

January 6th Monday (6:30 pm-9:30 pm)

January 18th Saturday (9:00 am-12:00 pm)

February 1st Saturday (9:00 am-12:00 pm)

February 15th Saturday (9:00 am-12:00 pm)

February 29th Saturday (9:00 am-12:00 pm)

March 16th Monday (6:30 pm-9:30 pm)

March 30th Monday (6:30 pm-9:30 pm)

SERIOUS HEARTWORKERS GROUP

This group is for people who want to plumb the depths of their Being. There is no fee for the Serious Heartworkers Group, although donations are gratefully accepted. Individuals in this group have to be in one of Dale's Inner Work Groups or an equivalent (every other week private sessions or another Inner Work Group) in order to participate in this group.

January 11, 2020, Saturday (9:00 am-12:00pm)

February 10, 2020, Monday (6:30 pm-9:30 pm)

March 2, 2020, Monday (6:30 pm-9:30 pm)

To register for any event, please email awakentheheart@gmail.com or call (888) 340-9865. Work-study is available for all local events. Scholarships are available for Retreats.

Credit cards are accepted for Retreats