



# Heartwork Spring 2020

*"When you love anything enough, it will reveal all its secrets to you."*

— George Washington Carver

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](http://www.awakentheheart.org).

## DAY OF HEARTWORK

**April 25th, 9am - 6pm EST**

Meditation and Inquiry are complementary processes. Meditation opens one's heart-mind and brings one into Presence, allowing for the Inquiry process to reveal true, transformational Understanding. This is where the Heartwork process becomes the Great Adventure of unfolding into the depths of True Nature. This event can be attended in Dale's office, or via Zoom for those who can't attend in person. Fee: \$125, \$100 if registered by March 25th.

*"...my heart and soul began to melt. I felt broken open like a seed pod, I felt vulnerable, I felt exposed and I felt safe." - Marie M.*

## INNER WORK GROUPS

The Inner Work Groups (one local, one Zoom) use 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.

## 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.

*"Working with Dale and other participants has allowed me a safe space to find myself. Setting aside time to work is another way for me to practice loving kindness to myself. I am so very grateful to have found this opportunity. It is a fundamental component of my work." - Anne L.*

## MEDITATION/DISCUSSION GROUP

We meditate on Zoom for two 25 minute periods with 5 minute breaks after each, followed by an hour open discussion. You can join the meditation at the beginning or at the 1/2 hour point, and can leave the discussion at any point that you need to.

We meet from 4-6pm EST one Saturday and one Sunday each month. Participants are encouraged to gather together in groups for the meditation/discussion, if you live close to each other. Local people who do regular Heartwork with Dale are welcome to meet in my office.

There is no fee for this Meditation/Discussion Group.

*Based on two Heartwork Community Meditation gatherings, this experience offers a still reflecting pool where I kneel down and gaze. I see, hear and feel myself in everyone's sharings of experiences (even though content of life varies) and the words, "So Ham" repeat in my ears ("just like me", "me too") ... I thank you for your generous and kind offering of this gathering and I look forward to experiencing its evolution. - Shelley*

**April-June dates for all the groups will be chosen to accommodate the schedules of all the participants.**

## MOVIE NIGHT

**April 4th, 6pm EST**

Here's how it will work: Local folks will gather in my workshop space at 6:00 EST, out-of-towners will Zoom in and/or be sent a link if the movie is online. We will all watch the movie together and have a discussion afterwards about what the movie touched in us.



To register for any event, please email [awakentheheart@gmail.com](mailto: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

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