2009

HEARTWORK INSTITUTE

24-hour mini-retreat

"Heartwork from any location"

JAN 16-17 APR 10-11 JULY 24-25 NOV 7-8

Experience the Heartwork meditative process and deepen your inner work. This retreat can be done as a single or as a group. Call in to the conference line periodically throughout the day for instructions and group discussions.

Experience Heartwork from any location while you participate in group exercises, discussions, solitary meditation, working meditations, and inquiry for a full 24 hour day.

Heartwork is a way of being in the world, not just something you do when you can find the time to get away from your life! It is about learning how to live one's life in a more open, loving, appreciative way. So, while you may not be able to participate in ALL the experiences or ALL the group discussions via conference call, you can definitely participate in the retreat even, and perhaps especially, in the midst of activities in the world.

Investment: $150.00 per individual per retreat
or $400.00 if you register for all 4 by December 31, 2008.

Words from Attendees:

I love that I could live parts of my life during the day and still get in plenty of time to do the processes and to communicate with the other participants.... I would like more of the same. It was great. Thank you. – Ken L

Thank you for the scholarship and work-study options, which allowed me to do this retreat. It was a much-needed reminder of the power of HW. -Melissa

I am impressed with how Heartwork is able to be shared and experienced virtually. - Michele

"Let yourself be silently drawn by the stronger pull of what you really love." - Rumi

Inquiry Group

"Heartwork from any location"

JAN 25 MAR 7 MAY 16
JULY 11 SEPT 20 NOV 14

Participate in person in Rochester NY, or via conference line from anywhere on earth.

Time: 9 am - 3 pm Eastern time / 8 am - 2 pm Central time
Investment: $75.00 per session and one year commitment

Inquiry as a Tool...

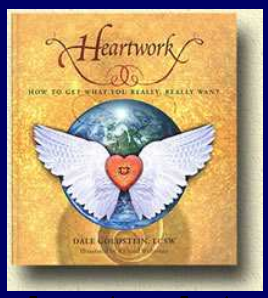
Inquiry opens the soul to its experience in the present in a more complete way, whatever the nature of that experience. Inquiry is always present-centered and it always brings us into direct contact with our experience, at first through our feelings, body-centered experience, thoughts, memories, and associations, and then through direct knowing of presence or essence. As we begin to practice inquiry, the true nature of the soul guides its unfolding. The unconscious is revealed more completely, and the barriers that limit the soul are exposed.
– excerpt from The Diamond Approach and The Inner Journey Home By Tim J Sullivan, M.Sc. and John Davis, Ph.D.

Words from Group Participants:

Inquiry, and the Inquiry Group, have helped me bring the inner, penetrating eye, the one that opens in Heartwork retreats, further into the hustle and hassle of daily life. – Kenneth R

Inquiry is where I find my answers. It is the tool that I use after I have broken through my barriers and I am ready to learn truth. – Greg

Join HTP
& get Inquiry or
mini-retreats
FREE



www.heartworkstore.com

HEARTWORK INSTITUTE, INC.

882 Titus Ave
Rochester, NY 14617

email or call to register

Phone: 888-340-9865
E-mail:awakentheheart@gmail.com
www.awakentheheart.org