

# Begin a Journey in Your Life

Experience a life-changing process to give your life greater direction, vitality and purpose.

Developed in 1966 by Dr. Ira Progoff, our internationally-recognized program has helped 175,000 people lead more fulfilling lives.

Discover resources and possibilities you could not have imagined. The *Intensive Journal* method can help you:

- Gain a foundation and perspective to realize the continuity and direction of your life. Build a solid basis for future decisions.
- Connect more deeply with your personal relationships, career, interests, and body.
- Use dreams and imagery as a guide in your unfolding process.

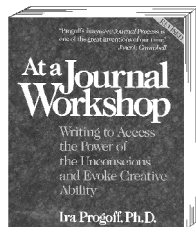
The Journal can be your honest friend in the creative process of shaping your life.

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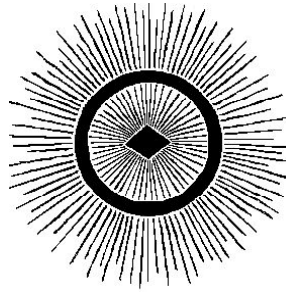
*One of the 65 most significant books on psychology and spirituality of the 20th century\**

## Award-Winning Book by Dr. Progoff

Describes the *Intensive Journal* exercises and principles.



\*Source: Common Boundary, Jan-Feb. 1999.



## ***Intensive Journal* Workbook: Much More Than a Diary or Collection of Exercises**

- The workbook is an *integrated* system of writing exercises for accessing your feelings and experiences in an organized way.
- Issues that were difficult to describe become tangible and accessible to you.
- Approach your life from several perspectives to overcome obstacles and gain awareness.

### **Valuable and Unique Experience**

- Our leader will guide you through exercises step-by-step as you apply them to your life.
- Work in total privacy. No one comments on or judges your life.
- Use the method on your own afterwards.

### **Helping You in Many Ways**

- Decision making
- Energy and momentum
- Intuition
- Self-esteem
- Healing
- Creativity

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### **Don't Worry About Your Writing**

You do not have to like writing or be a good writer. You write what comes from within, not a life story. Only you will read what you write.

## **Workshop Location: Ashburnham Place in East Sussex**

Ashburnham Place is a leading retreat and conference centre that is located south of London, 5 miles west of the town of Battle within the county of East Sussex. The centre has spacious grounds (220 acres) with walking areas and ponds that provide a beautiful setting. Our conference and lodging are in Patmos Lodge, a quiet self-contained area. see [www.ashburnham.org.uk](http://www.ashburnham.org.uk).

### **About the Leader:**

#### **Joanne Hackett Ching**

Joanne Hackett Ching began leading *Intensive Journal* workshops in 1980 while working in NYC at Dialogue House. For 25 years, she was an English as a Second Language (ESL) teacher in Fresno, California. Joanne has a MA in Creation Spirituality from Naropa University, is a Certified Life Cycle Celebrant® (creating celebrations for major life events) and is an ordained minister with the Universal Life Church.

### **Learn More About the *Intensive Journal* Program**

[www.intensivejournal.org](http://www.intensivejournal.org)

### **Questions About the Program**

Contact Jon Progoff at **001-216-342-5170** or [info@intensivejournal.org](mailto:info@intensivejournal.org) to learn more.

*"Through these workshops, I have had profound insights - some of them life-changing, all of them life enhancing. I gain an overview of my whole life and where I am heading. This is deeply nourishing and feels like coming home to myself. I highly recommend this method."*

**Hilary Bee, Devon UK**

***More than "journal writing" - a premiere program for developing your life***

## ABOUT THE WORKSHOPS

### Part 1: Life Context:

#### *Gaining a Perspective on Life*

11 Oct (3:00-5:30 pm; 7:00-9:30 pm)

12 Oct (9:30 am-12:30 pm; 2-6 pm)

Learn how to use the *Intensive Journal* method through a direct experience in your own life.

**Gain a perspective on your life.** Develop awareness as you explore prior events, memories and feelings. Realize possibilities and interests.

### Gain insights about major areas of your life:

relationships with other persons, career, interests, body and health. Prerequisite: None.

### Part 2: Depth Contact:

#### *Symbolic Images and Meaning in Life*

13 Oct (9:30 am-12:30 pm; 2-5 pm)

14 Oct (9:30 am-12:30 pm; 2-5 pm)

Continue your Journal work, focusing on the second part of the *Intensive Journal* workbook:

**Dreams and images:** Learn Dr. Progoff's unique method to develop your symbolic experiences.

**Meaning in life:** Learn specific ways of working to develop a more meaningful life.

- Clarify priorities and ultimate concerns
- Deepen your connection to important areas.

Prerequisite: Life Context.

### Part 3: Life Integration/Journal

#### *Feedback*™ Process: Integrating Your Life

15 Oct (9:30 am-12:30 pm; 2-5 pm)

16 Oct (9:30 am-12:30 pm; 2-5 pm)

**Use the integrative techniques**, the essence of the program, to build a momentum and energy to generate unpredictable insights.

**Realize connections between areas of your life.** Work in one Journal section and then develop entries and awareness in another.

Prerequisite: Depth Contact.

"Intensive Journal" (registered), "Progoff" and "Journal Feedback" are trademarks of Jon Progoff and is used under license by Dialogue House.

## Registration Form

### *Intensive Journal Program*

Call 001-216-342-5170 or complete form.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_

Postcode \_\_\_\_\_ Country \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Workshops	Commuter/Day#	Resident*
— Life Context (Pt 1)	235 GBP	295 GBP
— Depth Contact (Pt 2)	235	355+
— Life Integration (Pt 3)	235	355+
— LC/DC	445	615**
— DC/LI	445	615**
— LC/DC/LI	655	895**

Coffee/tea, cake, and biscuits included.

# Tuition & 1 meal daily

\* Tuition, 3 meals daily & overnight single room

\*\* Covers overnights/meals between workshops

# overnights for each set of workshops: LC-1; DC-2; LI-2; LC/DC-3; DC/LI-4; LC/DC/LI-5

Dietary needs \_\_\_\_\_

\_\_\_\_ Amount enclosed. Non-refundable deposit (minimum): commuters 75 GBP residents 125 GBP

### Credit Card Payment:\*

AMEX/MC/VISA/Discover

Number \_\_\_\_\_

Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_

Billing address for card: Same / Different

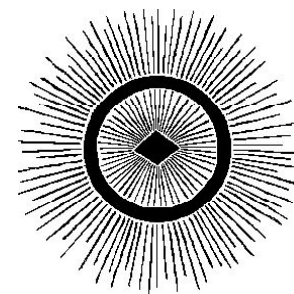
Address if different: \_\_\_\_\_

Signature \_\_\_\_\_

Only credit card payments accepted.

Mail to: Dialogue House Associates  
23400 Mercantile Road - Suite 2  
Beachwood, OH 44122 USA

Email confirmation letter sent following registration



## *Develop a More Meaningful Life*

*Using the*

**Progoff**

***Intensive Journal***®

**Program**

**with**

**Joanne Hackett Ching**

***3-Part Series on***

***11-16 October 2020***

***in Battle, East Sussex, UK***

**Sponsored by:**

Dialogue House Associates  
23400 Mercantile Road - Suite 2  
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001-216-342-5170 FAX 001-216-342-5168  
info@intensivejournal.org  
www.intensivejournal.org