

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 nationally-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:

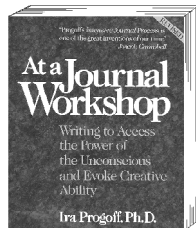
- Gain a foundation and perspective to realize the continuity and direction of your life. Build a solid basis for future decisions.
- Connect more deeply with your personal relationships, career and interests, and body.
- Use dreams and imagery as a guide in your unfolding process.

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

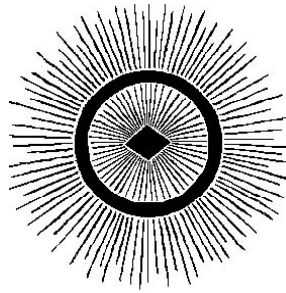
One of the 65 most significant books on psychology and spirituality of the 20th century*

**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

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: Queen of Apostles Renewal Centre

Queen of Apostles Renewal Centre is in the Toronto suburb of Mississauga, accessible from the greater Toronto area. The centre offers single bedrooms with private bath. Spacious grounds with a pond and swimming pool provide a serene setting for your workshop experience.

About the Leader: Susan Wells

Susan Wells has experience in communications spanning 3 decades. She's been a poet, video producer, radio drama director, researcher, teacher, editor, and, as a medical writer with a specialty in oncology and neurology. Susan has worked with the *Intensive Journal* process for 30 years.

**Learn More About the
Intensive Journal Program
www.intensivejournal.org**

Contact Jon Progoff at **800-221-5844**

"Although I have kept a journal and have attended many personal/spiritual growth programs, I was very surprised to learn how quickly the Progoff™ method gently led me to access my life experiences. I discovered unfinished business in my relationships...it was revealing, moving and enriching. I am thrilled to have a new tool to use in an ongoing way as I chart the next steps in my journey after retirement.

I highly recommend this program to anyone interested in finding a way to get to know yourself better and develop your life. As Socrates said, 'the unexamined life is not worth living.'"

**Frances Olsen
Ile-Bizard, QC**

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

ABOUT THE WORKSHOPS

Part 1: Life Context:

Gaining a Perspective on Life

16 Aug (1:30-4:30 pm; 6-9 pm)

17 Aug (9 am-12 pm; 2-5 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

18 Aug (9 am-12 pm; 2-5 pm)

19 Aug (9 am-12 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

20 Aug (9 am-12 pm; 2-5 pm)

21 Aug (9 am-12 pm; 1:30-4:30 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 800-221-5844 to register or complete form.

Name _____

Address _____

City _____ Prov ____ Postal Code ____

Telephone _____

Email _____

Workshops:	Commuter#	Resident*
___ Life Context-Part 1	\$ 295 CDN	\$ 395
___ Depth Contact-Part 2	295	395
___ Life Integration-Part 3	295	395
___ LC/DC	580	945**
___ DC/LI	580	945**
___ All 3 workshops	\$ 845	\$1425**

Includes tuition and 1 meal per day.

* Tuition, meals & single room (private bath)

** Covers Overnight & meals between workshops

___ Amount enclosed. Non-refundable deposit
(minimum): commuters: \$50; residents: \$100 CDN

Credit Card Payment:*

AMEX/MC/VISA/Discover

Number _____

Exp. Date _____ Security Code _____

Billing address for card: Same / Different

Address if different: _____

Signature _____

Make check payable to: **Dialogue House**

Mailto: Dialogue House Associates

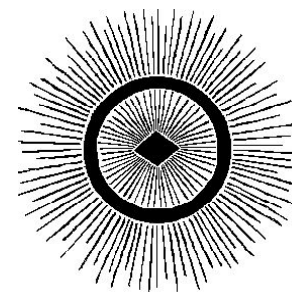
23400 Mercantile Road - Suite 2

Beachwood, OH 44122-5948 USA

Canadians: No personal cheques. Pay by credit card or purchase money order in US dollars denominated by a US bank branch.

Americans: Pay by credit card/ personal check.

Call 800-221-5844 to convert CDN to USD.



Develop a More Meaningful Life

Using the

Progoff Intensive Journal® Program

**with
Susan Wells**

**3-Part Series on
16-21 August 2020**

**in Toronto (Mississauga) at
Queen of Apostles Renewal Ctr**

Sponsored by:

**Dialogue House Associates
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