

***One-Day INTRODUCTORY JOURNAL WORKSHOP  
JOURNEY TO INNER FREEDOM***

**OVERVIEW:** The name, JOURNEY TO INNER FREEDOM, reflects the goal of writing from the quiet center: to uncover within ourselves an inner freedom which we did not know we possess. As we discover the hidden resources deep within us, we also find ways to free ourselves of the chains of past destructive behaviors and to learn from the “mistakes” of life. We begin to see that all the material of our life is a rich, exciting learning ground and fertile soil for new, creative works. As this occurs we find ourselves more and more inwardly free and truly ourselves. By writing from the Quiet Center we are able to follow our Inner Guidance and do the deep inner work our lives require.

**Saturday, October 2, 2010**

**Registration: 8:15 AM**

**Morning Session: 8:30-12:30**

**Afternoon Session: 1:30-5:30 PM**

**Cost: \$35 (includes journal and snacks)**

**Bring your own lunch**

**Location:**

**Grailville -- St. Brigid's Facility**

**932 O'Bannonville Road**

**Loveland, OH 45140-9705**

**Facilitator: Faye Schwelitz, Ph.D. Psy.D.** was introduced to the *Intensive Journal* by Ira Progoff in 1976, and under him became a journal leader for many years in both this country and Australia. Faye recently introduced her own workbook, Journey to Inner Freedom, a simplified version inspired by Progoff's *Intensive Journal*, and she now gives workshops under that format.

Faye considers Ira Progoff her mentor and teacher whose philosophy, method and work continue to guide her. She has found journaling to be a powerful tool in bringing about the connection and integration of mind, body and spirit.

**Driving Directions to Grailville:** Go to: <http://www.grailville.org/home.php?ID=37>

**Please send in registration form below with workshop fee by  
Monday, September 20.**

**Make checks payable to Pat Peterson and mail to**

**Pat Peterson**

**146 Miami Lakes Drive**

**Milford, OH 45150**

**[pipete@aol.com](mailto:pipete@aol.com) --- 513-248-8205**

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Name \_\_\_\_\_

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E-mail address: \_\_\_\_\_ Phone # \_\_\_\_\_