

Pat Peterson  
146 Miami Lakes Dr.  
Milford, OH 45150

JOURNEY  
TO  
INNER  
FREEDOM  
*WRITING*  
*from the*  
*QUIET CENTER*

Oct. 24- 29, 2010

Facilitated by Faye Schwelitz, PhD, PsyD

The Spiritual Center of  
Maria Stein  
Retreat House  
2365 St. Johns Rd.  
Maria Stein, OH 45860

Contact: Pat Peterson  
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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.

Maria Stein Retreat House

The Spiritual Center Retreat House with its quiet, beautiful, natural environment is an ideal place to do the deep inner work of this journal retreat. The Center is located on 87 beautifully landscaped acres in the rural, farming area of Mercer County, Ohio. The area is full of small wildlife including birds, squirrels, and chipmunks. The woods have hiking paths and deer are sometimes seen taking refuge there. The facility has private rooms each with a full-size bed, rocking chair, desk and private bathroom with a shower.

**Driving directions** can be found at Maria Stein’s website:  
[www.mariasteincenter.org](http://www.mariasteincenter.org)

This retreat is being offered pro bono by Dr. Schwelitz. There will be donation envelopes available for those wishing to make an offering – be that money or kind words.

## Development of Journey to Inner Freedom Writing

Journey to Inner Freedom is the name given by Dr. Faye Schwelitz to the writing workbook and facilitation method used in writing workshops and retreats. Faye, who holds doctorates in both biology and psychology as well as training in spiritual direction, has always been interested in the mind, body, spirit connection and integration. She has found journaling a powerful tool in bringing about this integration.

In 1976 she was introduced to the *Intensive Journal* by Dr. Ira Progoff and under him became a journal leader in 1978. For many years (until 2006) Dr. Schwelitz gave *Intensive Journal* workshops across the country and in Australia. During the past 5 years she has been giving journaling workshops to groups of inmates at the Federal Prison in Leavenworth, KS. Drawing on this past rather extensive experience in compiling the Journey to Inner Freedom workbook, Faye sought a workbook format that was easier and less complex to use, especially in the early stages of writing. Dr. Schwelitz considers Ira Progoff her mentor and teacher whose philosophy and work continues to guide her. However, in the compilation of the writing notebook and way of facilitation, she not only draws on Progoff's work as described in his book, At a Journal Workshop, but other sources as well as her own unique contributions

## Retreat Format

The Retreat is divided into two parts:  
**1:Entering the Quiet:** Oct. 24-26  
**2:Deepening in the Quiet:** Oct.27-29

## Options for Participants

Participants may chose to take only **Part 1**. However, **only those who take Part 1 also may take Part 2**.

## Schedule

### **Sunday, Oct. 24**

1:30 PM: Registration  
2:00-5:30 PM Session  
5:30 PM Supper  
7-8:30 PM Session

### **Monday, Oct. 25**

9 -12:00 Session  
12:00 Lunch  
2:00-5:30 PM Session  
5:30 PM Supper  
7-8 PM Session

### **Tuesday, Oct. 26**

9-12:00 Session  
12:00 Lunch  
2:00-5:30 PM Session  
5:30 PM Supper; Evening free  
(Part 1 participants depart)

**Wednesday:** Same as Monday

**Thursday:** Same as Tuesday

### **Friday, Oct. 29**

9-12:00 Session  
12 Lunch and Departure

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

## Retreat Fees: (Circle choice)

\$475 Entire Retreat: tuition, journal, overnight accommodations and meals. (Sharing room/bed: \$400)

\$250 Part 1: tuition, journal, overnight accommodations and meals. (Sharing room/bed: \$220)

\$350 Entire retreat for commuter: tuition, journal, and meals except breakfast.

\$175 Part 1 for commuter: tuition, journal, and meals except breakfast.

Send **deposit of \$150** by **Sept. 24** to:  
Pat Peterson  
146 Miami Lakes Dr.  
Milford, OH 45150

Make checks payable to: Pat Peterson  
For any questions or concerns  
call 513-248-8205 or  
e-mail [pjpete@aol.com](mailto:pjpete@aol.com)