

JOURNAL TO INNER FREEDOM

6-day Journal Workshop facilitated by American teacher

Faye Schwelitz PhD PsyD

About Faye Schwelitz

Faye lives and works in Milwaukee, Wisconsin, US.

She

holds doctorates in both biology and psychology; she also has training in Spiritual

Direction. She was a tenured faculty member in biology at the University of Dayton and later a Core Faculty Member of the School of Professional Psychology at Wright State University. She currently is in Private Practice with those wishing to grow spiritually and psychologically. Dr. Faye's passion is 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 and delivered the Intensive Journal Workshops across the United States and in Australia for many years. She facilitated journal workshops to groups of inmates at a U.S. Federal Prison for 12 years. In the Journal to Inner Freedom Workshop, 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. Although much of her life professionally has involved science and psychology, she now allows her awakened poet and visual artist to play.

ABOUT THE WORKSHOP

The *Journal to Inner*

Freedom method can help you gain understanding about many different areas of your life.

Experience a life-changing process to give your life greater direction,

vitality and purpose. Inspired by the teaching of Dr. Ira Progoff and his Intensive Journal Method, Dr. Faye Schwelitz PhD, PsyD presents her *Journal to Inner Freedom* Course. This workshop provides an integrated system for connecting with your true self. *The Journal to Inner Freedom* provides a progressively deepening atmosphere, away from your daily routine, for experiencing the exercises as they are applied to your life. Non-judgmental and non-analytical approaches further the evoking process. You become immersed in your own growth, drawing forth your unique potential and unfolding life process.



The atmosphere in which *The Journal to Inner Freedom* takes place is intrinsically part of the process: Your leader guides you step-by-step through the particular Journal exercises. The leader will describe an exercise, providing background information about its purpose and then outlining how the exercise can be done by you as you apply it to your life.

A period of quiet follows when you apply the exercise to your life. Participants may ask questions and read what they have written voluntarily. We do not engage in intellectual discussion about our lives or the method in order to keep a deepening atmosphere of quiet.

As you work in the method, you can move to progressively deeper levels in your unfolding life process. Your mind is



VENUE & COSTS

Cost Outlay covers Workbook & refreshments.

Accommodation and meals extra. (Costs on request)



The 6-day workshop is divided into 2 parts:

1: **Entering the Quiet:**
May 19th-21st 2019 incl.

(Cost €250)

2: **Deepening the Quiet:**
May 22nd-24th 2019 incl

completing module ONE is a prerequisite for module Two.

**Full Workshop -
(6 Days) - €400**

Accommodation Costs on request.

Contact me with any questions or queries;
theartistswayathlone@gmail.com

Workshop materials, beverages, breaks and a light lunch will be provided and is included in the prices.

Organiser:

Martina Breen, The Dancing Soul, Athlone, Co. Westmeath.
Tel: 087 3296366 email: theartistswayathlone.ie

focused inward, away from the distractions of daily life and preconceived ways of thinking. The continuous experience enables you to go to deeper levels as you connect with your inner process.

In the group workshop, you have total privacy so that you are safe to write what comes to you. No one will read or comment on what you have written. There is no group discussion or sharing. Our intention is to protect the space and freedom for each person to work with the most intimate areas of the lives in an open and honest way. An atmosphere of privacy honours the integrity of each person's inner process, allowing them to feel the depth of their own experience.

If you treat your journal as a *task*, it is not going to work. It's a resource, a friend. It is the 'lightness of touch' that bring us to the depth of our own creative well. We work in different sections, in different areas. We are always 'moving'. It is an extremely safe way to work. To move forward, we sometimes have to move backwards but always through the 'hinge' of 'NOW, the open moment'. In the journaling process, we tell the journal how we'd like our life to be and then the journal can *draw things together* and allow integration to happen.

The journey is about 'allowing'. In this workshop it's important to have the space that If you feel like sharing, you do. We do not offer feedback.

We try not to be judgmental... and if we are; just do it and get on with it!

This workshop draws on the method of the Intensive Journal method of Dr Ira Progoff, as described in his book, *ATA JOURNAL WORKSHOP*, as well as other sources.

Venue

The workshop will be held in Athlone. I am still finalising this.

limited Accommodation will be available onsite and other links to accommodation are found on:

Air BnB: <https://www.airbnb.ie/?logo=1>

bookings.com: <https://www.booking.com>

athlone.ie: <https://www.athlone.ie/stay-and-rest/>

