

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:

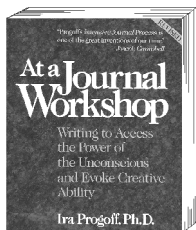
- Gain a foundation and perspective to realize the continuity and direction of your life. Build a solid basis for future decisions.
- Connect more deeply with your personal relationships, career and interests, and body.
- Use dreams and imagery as a guide in your unfolding process.

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

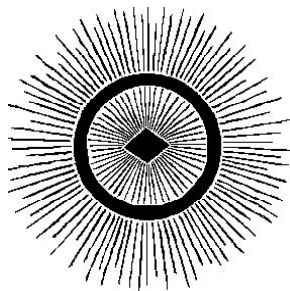
*One of the 65 most significant books on psychology and spirituality of the 20th century**

Award-Winning Book by Dr. Progoff

Describes the *Intensive Journal* exercises and principles.



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



Intensive Journal Method: 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.

About the Leader:

Evelyn Wemhoff

Evelyn Wemhoff is a presenter of retreats and workshops at Shalom at the Monastery in Mt Angel, Oregon that offers personal and spiritual growth programs. She is a spiritual director, retired licensed counselor, and was formerly director of WomanSpirit Center in the Seattle area that offered programs for women seeking to develop their lives. Evelyn has led *Intensive Journal* workshops for over 30 years.

Intensive Journal Series Online With Evelyn Wemhoff (Each program is on Tuesday-Wednesday)

Module	Date
Part 1: Life Context	July 13-14
Part 2: Depth Contact	July 20-21
Part 3: Life Integration	July 27-28

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

**Questions about the program:
Call Jon Progoff at 330-998-6000**

"How do I question my thinking? The Intensive Journal workshop provides guidance as one walks toward personal discoveries that enlighten our life choices in work, companions, and purpose. I discovered new clarity about decisions I am making regarding these critical parts of my life."

Cindy Force, Lincoln City, Oregon

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

ABOUT THE WORKSHOPS

Part 1: Life Context:

Gaining a Perspective on Life

7/13 (9:00 am-12:00 pm; 1:30-4:30 pm)

7/14 (9:00 am-12:00 pm; 1:30-4:30 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

7/20 (9:00 am-12:00 pm; 1:30-4:30 pm)

7/21 (9:00 am-12:00 pm; 1:30-4:30 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

7/27 (9:00 am-12:00 pm; 1:30-4:30 pm)

7/28 (9:00 am-12:00 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 360-438-2595 to register or complete form.

Name _____

Address _____

City _____ State ____ Zip _____

Telephone _____

Email _____

Workshops	Fee*	Dates+
Life Context	\$225	July 13-14
Depth Contact	210	July 20-21
Life Integration	210	July 27-28
3 Workshops	\$625	

All times listed are Pacific Daylight Time.

* Tuition only. Life Context workshop includes *Intensive Journal* workbook.

____ Amount enclosed. Full payment required at least 2 weeks before workshop.

Make **check payable to:**

The Priory Spirituality Center

Mail to:

The Priory Spirituality Center

500 College St NE

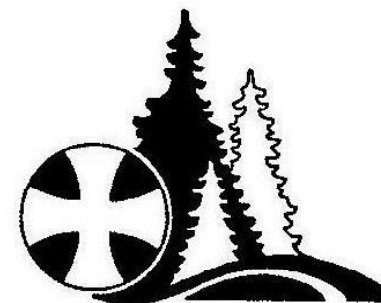
Lacey, WA 98516

Attn: Janice/Center Coordinator

Online Registration (preferred method)

<https://stplacid.org/spirituality-center/weekend-programs/>

Confirmation: Additional information will be sent upon receipt of deposit. *Intensive Journal* workbook will be shipped prior to the workshop to those enrolled in Life Context.



Develop a More Meaningful Life

Using the

Progoff

Intensive Journal®

Program

with

Evelyn Wemhoff

3-Part Series

Begins on July 13-14, 2021

Online Through Zoom

Sponsored by:

The Priory Spirituality Center

500 College St NE

Lacey, WA 98516

360-438-2595

prioryprograms@stplacid.org

www.stplacid.org