There is another way to visualise what a broken heart might mean. Imagine that small, clenched fist of a heart “broken open” into largeness of life, into greater capacity to hold one’s own and the world’s pain and joy.

Parker J. Palmer

**The Heart Broken Open:**
**Finding Wisdom after Loss**

**Friday, 17th – Sunday, 19th April, 2015**
Santa Teresa Spirituality Centre, Ormiston, QLD

Grief and loss come to us in many ways and all have the potential to leave us feeling ‘broken-hearted’.

In his book, *A Hidden Wholeness*, Parker J. Palmer writes, “There are at least two ways to understand what it means to have our hearts broken. One is to imagine the heart broken into shards and scattered about – a feeling most of us know, and a fate we would like to avoid. The other is to imagine the heart broken open into new capacity – a process that is not without pain but one that many of us would welcome. As I stand in the tragic gap between reality and possibility, this small, tight fist of a thing called my heart can break open into greater capacity to hold more of my own and the world’s suffering and joy, despair and hope.”

This weekend retreat experience is an opportunity for those standing in ‘the tragic gap between reality and possibility’ that is so often brought about by the transitions following loss.

Whilst the retreat may indeed prove therapeutic, it is not therapy. It is not recommended for those whose loss and grief is very recent. The retreat offers an opportunity to explore individually and in company the wisdom that can emerge in the footsteps of the grief and loss journey; the wisdom that comes from exploring the transition times; the wisdom that invites us into living with a heart broken open.

**What happens at the retreat?**
Courage & Renewal facilitators help create a quiet, focused, and disciplined ‘safe space’ – a circle of trust – in which the noise within us and around us can subside and we can begin to hear our own inner voice. In large group, small group, and solitary settings, we will make use of stories from our own journeys and insights from poets, storytellers, and various wisdom traditions. The retreat includes an introduction to the Cleanness Committee experience, where you learn to listen deeply and ask insightful, “open and honest” questions.
YOUR FACILITATORS:


After many years involved in Education (as teacher, leader and consultant), I have established WholeHearted to enact and share my passion for living and working with authenticity. I've been leading retreats and personal development programs for more than 30 years and facilitating the exploration of the inner life and personal pathways to authenticity has been a life-long work. I am a Courage & Renewal facilitator prepared by the Center for Courage and Renewal. Seeking to live and work in a whole-hearted and open-hearted manner has transformed my personal and professional life and I invite you to join me in this amazing journey.

Read this blog post about my own experience of Living with a Heart Broken Open at www.couragerenewal.org/gregsunter

Noela Maletz, M Soc Sc BA Dip Ed

Noela is an educator, psychotherapist and visual artist who also loves to write. More than thirty years ago she worked with others to establish a Waldorf School and then a Social Therapy Centre for people with disabilities, in Adelaide, and worked in both of these places. Most of her current work is in private practice, as a psychotherapist, and in growing Courage & Renewal work in South Australia, though volunteering in a Waldorf School in Thailand each year is also an important part of her life. She is awed by the possibilities and necessities of a life lived as mindfully, wholeheartedly and as kindly as she can manage and challenged by remembering her many grandchildren’s birthdays.

The Heart Broken Open: Finding Wisdom after Loss

WHEN: Begins at 5:00 p.m. Friday, April 17th and concludes after lunch on Sunday, April 19th, 2015

WHERE: Santa Teresa Spirituality Centre, 267 Wellington Street, Ormiston. QLD 4160
www.santateresa.org.au

PROGRAM FEES: $575 full price  $450 Early Bird price  (GST not applicable)
(Includes registration, all meals and accommodation in individual en-suited room.)

$100 due with registration, balance due by 1 April, 2015, unless other arrangements have been made.

Cancellation policy: Cancellations must be made at least two weeks before the program date. We regret that we are unable to offer any refund or credit if you cancel within two weeks of the program.

Past Participants of similar programs share...

“I have a sense that I am on the right path – that others are feeling what I’m feeling and that I can contribute and add value to my life and to those with whom I work.”

“It was a very gentle process, you felt welcomed by everyone.”

“This retreat is the best thing anyone can do for themselves.”

“This has validated my search for deeper understanding of life issues. It has reaffirmed my commitment to nourishing spirituality.”

“Such a huge gift. I feel very privileged to have had this opportunity.”

Early Bird Discount! Only $450 if you register before March 19th
REGISTRATION FORM

The Heart Broken Open: 17-19 April, 2015

YOUR PERSONAL DETAILS

Name: ________________________________________________________________

Place of Employment/Position: _____________________________________________

Address for correspondence: _____________________________________________

Phone: __________________________

Preferred email address: ________________________________________________

Please indicate special dietary needs: _______________________________________

Other Needs: ____________________________________________________________

How did you hear about this retreat? _______________________________________

Would you like to receive information about future Courage & Renewal programs? Yes / No

PAYMENT

Deposit required with the lodgement of this Registration Form - $100
Balance due by 1 April, 2015 - $475
Early Bird Discount if registered by 19 March – total cost, $450

Payment options
• Direct deposit: (preferred)
   Account: GR Sunter A/c #: 12466298  BSB: 638-010
   (Reference: Heart + Surname)
• Cheque made payable to GR Sunter

No GST is payable. WholeHearted Enterprises – ABN 49 956 226 651

RETURN OF FORMS

Post to: Greg Sunter
WholeHearted Enterprises
PO Box 291
Moorooka QLD 4105

Email to: greg@WholeHearted.com.au

For any questions concerning the retreat, please contact Greg Sunter on greg@WholeHearted.com.au or 0413 574 382.