

THE HEART OF FORGIVENESS

WITH

GREGG UNTERBERGER

MERCY CENTER, BURLINGAME

2300 Adeline Drive, Burlingame, CA 94010

MARCH 19-21, 2010

"Who gains by being forgiven and by forgiving? The one that forgives is lord even over him that he forgives." [EC 585-2]

Time and again, we are told by spiritual teachers of all traditions to forgive others, for they "know not what they do." And yet, in practice, it's much easier to mouth the words than to actually forgive others and ourselves. Frustratingly, we have been told to forgive, but we don't know how! Most of us do not realize that forgiveness is a skill, which can be learned and practiced, just like studying a musical instrument or playing sports. Increasingly, **medical research is echoing what Cayce said** decades ago: practicing forgiveness may lead to better mental and emotional health, strengthened immune response, lower blood pressure and stress levels, even reduced risk of cancer and heart disease. In this exciting, interactive workshop, we will draw on the wisdom of the Cayce readings, A Course in Miracles and current research at Stanford to learn definitive steps you can take to forgive yourself and others enjoy a happier, healthier, more connected life!

- Hear heart-touching stories of real-life forgiveness
- Discover how forgiveness does not mean becoming a doormat
- Find out step-by-step action you can take to forgive yourself and others
- Learn the astonishing benefits of authentic forgiveness, based on the latest medical research
- Recognize that forgiveness is not about "losing" but rather empowering your life with more peace of mind



Gregg Unterberger, M.Ed. is a former instructor in Group Therapy at Texas State University and a licensed professional counselor in private practice in Austin. As a national speaker for the A.R.E., he is well known for bringing lively humor and metaphor to simplify complex spiritual concepts at his record-breaking workshops. For over 20 years, Gregg has been a student and teacher of A Course in Miracles, a spiritual pathway rooted in the practice of forgiveness. Since 2000, Gregg has presented his annual "Heart of Forgiveness" workshop each fall in Zion Canyon National Park. Combining his extensive training as a clinician with his open heart, he has earned a reputation as a genuine healer, touching millions across the country through his audio recordings, the popular press, and his workshops at colleges, churches and retreats and on national television.

Friday

Registration 3 P.m.
 Dinner 6 p.m.
 Evening Session
 7:15 – 8:30 p.m.

Saturday

A.M. session 9-12 noon
 Lunch 12 – 2 p.m.
 P.M. session 2-4:30 p.m.
 Free time 4:30-6:00 p.m.
 Dinner 6 p.m.
 Evening session 7:15-8:30 p.m.

Sunday

A.M. session 9-12 noon
 Lunch 12 noon
 Home!

It gives us great pleasure to announce that tuition for this event has been held at the 2009 rate! Cost for this weekend retreat:

	By Feb 19th	After Feb 19th
Room & Board:	\$237	\$247
Tuition	\$159	\$159
Or		
Saturday only with lunch: \$95 (payment due by March 5, thereafter lunch will not be included)		

Registrar: Julie Hilt 707-469-6272, juliehilt@caycegoldengate.org

Please register me for “The Heart of Forgiveness”
 March 19-21, 2010 Early Registration is appreciated!
 Please make checks payable to: A.R.E. of California
 Mail to: Julie Hilt, P. O. Box 3316, Fairfield, CA 94533

- | | By Feb 19 th | After Feb 19 th |
|---|-------------------------|----------------------------|
| <input type="checkbox"/> Room & Board: | \$237 | \$247 |
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|
 | | |
| <input type="checkbox"/> Saturday only: \$95 incl. lunch if payment is received by March 5 th .
After March 5 th , day fee does not include lunch. | | |

Name _____

Address _____

City, Zip _____

Phone _____ Email _____

Visa/MC/Disc _____ Exp. _____

Signature _____ CVS Code _____

Check enclosed for \$ _____

A.R.E. Member – Yes / No

*Please include a self addressed, stamped envelope for confirmation by U.S. Mail