



Enhance Your Mindfulness Practice

with the

Intensive Journal® Method for Experiential Growth

- Exploration
- Inner Nature
- Meditation
- Awareness
- Acceptance
- Inner Wisdom

"The focus of my work has been to provide methods which will enable people to work continuously in their lives. It gives an inner perspective to guide them through transitions, evoking creative potentials and drawing forth new sparks of Spirit as they move toward becoming whole persons..."¹

Ira Progoff, PhD

Program Overview

The Progoff™ methodology provides you with an integrated system of writing exercises for personal and spiritual growth that are conducted in a reflective meditative setting.

Our program is an excellent complementary resource to your practice of mindfulness, providing you with new ways to explore your life experiences with curiosity while dropping assumptions for fresh perspectives.

Created by Dr. Ira Progoff, a psychotherapist and accomplished author, the *Intensive Journal* program is a practical tool to connect with your inner process about such areas as personal relationships, body and health, and meaning in life.

Using writing as a means for accessing personal experiences and emotions, the deepening atmosphere and unique structure of the *Intensive Journal* exercises creates the opportunity for profound inner experience.

At our workshops, you work in total privacy and silence as our certified instructors guide you step-by-step through each exercise. Adopting an accepting, non-judgmental approach, you are receptive to all thoughts and feelings as you deepen your journey to connect with the broad scope of your life.

Similarly, you employ a non-analytical method to bypass preconceived and circular ways of thinking to connect with your true self.

Contact us for details about attending or sponsoring our program.

Join our mailing list for updates. Visit our website at www.intensivejournal.org

Dialogue House Associates, 23400 Mercantile Rd, Suite 2, Beachwood, OH 44122-5948

216-342-5170 / 800-221-5844 / FAX: 216-342-5168 E-Mail: info@intensivejournal.org www.intensivejournal.org

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Implementing the *Progoff*™ Methodology Through the *Intensive Journal* Process

The *Progoff*™ methodology is designed to further the processes of growth by helping people connect with the movement of their lives and strengthen their inner capacities for self-awareness.

***Intensive Journal* Workbook: Mirroring the Growth Process**

The structure of sections and corresponding writing exercises in the *Intensive Journal* workbook mirror the subjective process taking place in personality development. Designed with minimal terminology, these procedures provide the means for moving directly into the inner process and drawing forth emotions and experiences to make them accessible and tangible for further development.

***Journal Feedback*™ Technique: An Active Dynamic Process**

Structured as an active and evocative instrument, the *Intensive Journal* workbook helps participants generate energy and momentum to propel them forward through cumulative ongoing entries.

Through the *Journal Feedback*™ process, participants avoid self-conscious analysis and preconceived ways of thinking to overcome blockages and foster breakthroughs. Issues are viewed from various angles to realize connections and to create integrations of awareness.

Inner Development: Evoking Your Potential

Focusing on inner development, where the most penetrating insights are generated, the *Intensive Journal* method provides an integrated system for dealing with issues through a direct experience in your life. Certified trainers guide you through the method in a contemplative atmosphere.

Non-judgmental, non-analytical approaches allow you to become immersed in your own growth and draw forth your unique potential and unfolding life process.

***Process Meditation*™ Procedures for Spiritual Growth**

Process Meditation methods provide an integrated set of procedures for deepening inner experience in the context of your entire spiritual life. They provide an ongoing spiritual discipline for working actively and systematically at an inner level reaching toward an experience of greater meaning.

Dr. Progoff's Philosophy

"The Intensive Journal work is indeed a type of prayer and meditation...in the midst of the actuality of our life experiences."²

"...each existence is engaged in finding the way of life and of being that will be true to its own nature. It is seeking its own integrity, and in the course of this quest the inner person emerges and grows. It is this inner person that is the essence and the meaning of the life."³

"Intensive Journal approach... deepens the level of experience and this draws an individual into contact with the profound sources of inner wisdom..⁴

1 "The *Intensive Journal*® Process: A Path to Self-Discovery, An Interview with Ira Progoff, PhD," by Kathy Juline, Science of Mind Magazine, July 1992, p 40.

2 *At a Journal Workshop*, by Ira Progoff, (1992 rev. ed Penguin Putnam), page 8.

3 Id., page 34.

4 Id., page 225.

5 *The Symbolic and the Real*, by Ira Progoff, (1963 Julian Press), page 14.

6 Id., page 13.

7 *At a Journal Workshop*, page 382.

Enriching Your Mindfulness Practice

The *Intensive Journal* method provides a compatible approach for your mindfulness practice for obtaining self-awareness about your life experiences. Summarized below are some of the techniques that can be applied through *Intensive Journal* exercises to create many possible benefits.

Compatible Approaches with Mindfulness

- Adopt a non-judgmental attitude, becoming receptive to working with a full range of experiences and feelings, as a basis for developing a foundation for your life.
- Focus inward in a neutral, unbiased way to the source of direct knowing, your true inner self.
- Adopt no expectations or time frames for answers to issues or making decisions; awareness comes when it is ready to reveal itself as you adopt an approach of passive receptivity.
- Work in silence to become centered and focused to access your inner self.
- Employ a non-analytical approach, avoiding preconceived and circular ways of thinking, to achieve creative breakthroughs of awareness.
- Work in total privacy to be free to be honest and true to your self.

Writing Exercises from the *Intensive Journal* Workbook

- Benefit from a deepening workshop experience away from your daily routine to connect with your inner self.
- Learn how these writing exercises help you access and connect with your inner process to explore your life without assumptions as you look at your life with curiosity and from different perspectives.
- Apply a neutral meditative process for becoming centered and deepening your inward journey. Employ advanced meditation techniques that utilize rhythmic breathwork for stilling the self that enables you to go to progressively deeper levels.

Possible Benefits

- Connect with your true self, your inner nature.
- Develop a foundation for your life for future decision making; work through issues over time within the context of your entire life.
- Realize new perspectives about different facets of your life that are validated by your inner experience.
- Develop a more integrated life using Dr. Progoff's *Journal Feedback* process (see p 2) as material from different areas of life comes together to develop additional awarenesses.
- Deepen your life journey as you view it without judgment as an ongoing evolving process of growth and development.
- Increase your attentiveness to recognizing different facets of experience. Become more receptive to listening to your inner voice.

Finding Meaning in Life

"The meaning of life cannot be told; it has to happen to a person.⁵ ... "There is no use in one person attempting to tell another person what the meaning of life is. It involves too intimate an awareness. A major part of the meaning of life is contained in the very process of discovering it. It is an ongoing experience of growth that involves a deepening of contact with reality."⁶

Ira Progoff, PhD

Creativity

"the Intensive Journal process is our inner workshop, the place where we do the creative shaping of the artwork of our life."⁷

Ira Progoff, PhD

Try a Sample *Intensive Journal*® Exercise

Now you can begin to experience how the *Intensive Journal* method works through a sample exercise. It is important to do the exercise in a setting of complete silence, with a pen and paper (not a computer), when you can relax and take your mind off your daily life. Record what comes to you; do not edit or censor. Write the date at the top of the page and the name of the exercise, "Period Log." You should allow about 45 minutes to complete the exercise.

1. Describe the "Now" period of your life; an open ended period that has a beginning but no ending. Examples include: three years since you moved to a new city or started a new job.
2. Record your thoughts, feelings, memories - whatever presents itself to you. Complete the phrase: "It is a time when..."; record images that describe the period.
3. Describe more details about this period: personal relationships; projects or activities; body and health; attitudes about society; important events; dreams or imagery; people who inspired you; and choices or decisions you made.
4. Read back what you have written and record any thoughts and feelings that you have during this process of writing and reading back.

Through the *Period Log* exercise, you are beginning the process of reconnecting with different aspects of your life from which new perspectives and opportunities can reveal themselves.

Continuing Education

Dialogue House Associates is an approved provider of continuing education by:

- Association of Social Work Boards (#1036)
- International Coach Federation
- Nat Ass'n of Alcoholism & Drug Abuse Counselors (#456)
- National Wellness Institute
- Florida Board of Clinical Social Work, Marriage and Mental Health Counseling (50-14644 - exp. 3/31/21)
- Illinois Dep't of Financial & Professional Regulation (197.000213)
- California Board of Registered Nursing (CEP-15073)
- State approvals listed above recognized by the Ohio Board of Nursing.

Call **800-221-5844** for brochure about details or see continuing education section of www.intensivejournal.org

Ira Progoff, PhD: *Founder*

Ira Progoff, PhD, a nationally recognized psychotherapist, was a leading authority on designing systematic approaches and techniques to foster human development.

As an university-based research professor, Dr. Progoff developed his theories of holistic depth psychology. He then implemented these theories by creating the *Intensive Journal* method in 1966.

Dr. Progoff is the first American to complete his dissertation on the work of CG Jung, published as *Jung's Psychology and Its Social Meaning*. After reading his dissertation, Dr. Jung invited Dr. Progoff to study with him in Switzerland in the early-mid 1950s where Dr. Progoff was also able to study with Zen master DT Suzuki.

Dr. Progoff continued to refine the method while serving as director of Dialogue House. Dr. Progoff is the author of fourteen books pertaining to the *Intensive Journal* method, depth psychology, Carl Jung and related subjects.