

# From Fear to Fearless: *A Journey to Your Truth*

30 CMTEs (including 3 ethics credits)

**Thursday, August 10 - Sunday, August 13, 2023**

4 days/3 nights • lodging and food included • \$850

Facilitator: Gretchen Patti, BC-MT



This retreat is an opportunity to take a deep dive into your assumptions, values, beliefs and attachments and how they affect your personal and professional lives. Through use of music listening, improvisation, songwriting and multi-modal creation, participants will examine parts of themselves in relation to their current and future truths, be given the tools and opportunity to let go of useless baggage, and recognize and celebrate assets.

## **Thursday, August 10, 2023**

Examination of assumptions, values, attachments, and beliefs

## **Friday, August 11, 2023**

Taking a Personal Inventory/The Ethics of Knowing Your Truth

## **Saturday, August 12, 2023**

Letting go to create space for new thoughts and opportunities

## **Sunday, August 13, 2023**

Into Action for "Your Truth" and Closure

## **Amethyst Retreat Center**

is in the heart of Central Pennsylvania, just 30 minutes north of Harrisburg and 2 hours north of Baltimore, Maryland. Come enjoy 144 acres of pristine land adorned with the natural beauty of old growth forest, natural wetlands, and grasslands which display an ecosystem thriving with flora and fauna. The center is dedicated to living and learning in a new and meaningful way that inspires and brings joy. More than a beautiful, peaceful haven, it is a center for a richly diverse community and part of humanity's awakening to respect and inclusiveness for all love-based religions, traditions, cultures, and ways of being.