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meaningful emotional,
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Ira Progoff's Intensive
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Ann M said: It's really
wordy - so many extra words
to say the least little
thing that it's distra. The
intensive journal method is
a psychotherapeutic
technique largely developed
in at Drew University and
popularized by Ira Progoff
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Unconscious and Evoke Create Ability, written in Select meaningful emotional, physical, occupational and relational milestones.

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Ira Progoff's purpose in creating the Intensive Journal workshops on which this book is based was to give others a language and a process for reflecting on and deepening the meaning of their lives. We have many tools handed to us in At a Journal Workshop—each with a specific shape and function, and each with a full set of instructions on its use. This is a strange, wonderful

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Progoff and complex approach for
journey/journal-ing, using
methods the author has
taught and evolved over the
last 40 years.

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Writing to Access the Power
of the ...~~

The basic journal exercises
increase the amount of
conscious information.

(Meditations for the Period
Log, the Period Image, and
Life Steppingstones are
included in an addendum at
the end of this article. The
meditations are taken from
Ira Progoff's work. I used
the meditations when I gave
the journal workshops for my
friends.

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Learn more Workshops. The Intensive Journal® method is not journal keeping, not introspective diary keeping, and it isn't writing therapy... it is the full scale active method of personal life integration for continuous and cumulative work. Ira Progoff, Ph.D. The method was created by Ira Progoff, PhD - a recognized pioneer in applying his unique approaches of human development to provide you with an amazing process to develop your life.

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~~Progoff Intensive Journal
Program | For Self-
Development~~

By Ellery Littleton This article presents a summary of some of the basic ideas of Ira Progoff's "Intensive Journal Process," and includes a very brief outline of one of his extensive journal-writing exercise cycles: 12 Entries. Ellery writes: "The first Intensive Journaling workshop I attended in 1981, was two weeks long, 9 to 5, five days a week.

~~Life Examined — The Progoff
Intensive Journal Process~~

~~...~~

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~~Progo~~ Journal Process combines one of the oldest methods of self-exploration and expression-keeping a journal-with a structured format that enables you to get to know the inner core of your life on ever-deeper levels and gain a fuller perspective on where you are. The Intensive Journal Process also empowers you to take the action necessary to change the course of your life and unlock your hidden creative potential.

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At a Journal Workshop:
Writing to Access the Power
of the Unconscious and Evoke

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May 1 1992 by Ira Progoff
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Created by psychotherapist Ira Progoff, PhD, the Intensive Journal® program is an integrated system using writing exercises to give your life greater direction, clarity and purpose. At our workshops, certified leaders guide participants step-by-step through the exercises with the protections of total privacy.

~~Ira Progoff | Able I Am~~

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~~(AIM)~~
At a Journal Workshop by Ira Progoff, 1975. The Practice of Process Meditation by Ira Progoff, 1980. At a Journal Workshop: Writing to Access the Power of the Unconscious and Evoke Creative Ability by Ira Progoff, 1992. ISBN 0-87477-638-4

The permanent reference for working with the intensive journal process, At a Journal Workshop contains descriptions of the journal sections, operational principles, and techniques

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for daily use. "The best book on psychological self-care we've seen".--Medical Self-Care magazine. Now in its 25th printing.

At approximately 09.00hrs on the 15th June 1996, an unassuming white lorry was parked on Corporation Street in the city centre of Manchester, England; it contained over 3000 pounds of high explosive. At 11.15hrs the same day, Manchester witnessed the detonation of the largest device on the British

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mainland since the second World War ... The Irish Republican Army claimed responsibility for the attack. Based around actual events, LETTERBOX tells the story of Liam Connor, an ordinary boy brought up in Manchester by a seemingly ordinary family. He goes to the local school, loves football and has a best friend called Sean ... an ordinary life! Unbeknown to Liam, his father, Michael Connor, harbors a dark historic secret, following a life a lot less ordinary ... as a furtive, yet high ranking soldier within the IRA. As a result of extraordinary circumstances,

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Drayoff
Liam's innocent and carefree world is shattered when he is exposed to the truth about his family's heritage and then learns about the tragic death of his father at the hands of the SAS. Consumed with both hate and the need to seek retribution, Liam is taken to Ireland where he is intensively trained to become a highly skilled and efficient soldier within the Irish Republican Army ... He is 16 years old! Some years later, following the drug-induced death of his beloved sister, Liam is given the opportunity to exact his revenge on those he believed should truly be blamed for

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the tragedies in his life
... The British Government!
Thus, on the 15th June 1996,
it was Liam's responsibility
to drive the bomb laden
lorry into the unsuspecting
city of Manchester and let
the voice of the IRA be
clearly heard ... And
listened to!!

Samir and Siobhan, a young
Dutch radical Muslim and a
young Northern-Irish woman,
are radicalising. Samir,
from within the
fundamentalist Islam,
Siobhan from with the real

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IRA who co-operates with the
terror-organisation: The
Dawn of the True Islam. This
international Islamic terror-
organisation has developed a
secret weapon: a tiny
poisonous ball that is
capable of destroying all
life with a few minutes in a
certain room or building.
Siobhan is going to test the
secret weapon after her
training in the desert of
Lybia on the murderer or her
grandfather, who was killed
during Bloody Sunday in
Northern Ireland. The
murderer lives in the
Algarve, Portugal. After a
successful test the secret
weapon is going to be used
to commit terror attacks in

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Amsterdam, London and New York. The goal is to destroy the values of the Western World and to establish a Great Islamic Empire. Samir, who is apparently an excellent intern in a multicultural elderly home in Holland, is the contact person of the Dutch terrorcell (of the international Muslim terror-organisation) in Holland. On the inside he is a radicalized Muslim with a hurt ego. In the international Muslim terror-network he thinks he is taken seriously. Before Siobhan can test the secret weapon in Portugal she is abducted by the Israeli

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Mossad. She ends up in Israel. She can choose: either work with the Israelis to help in dismantling the international Muslim terror-organisation or she will be left on her own with all the consequences. . In the meantime there are also terrorist attacks and threats in Amsterdam and London. It is bringing the two countries in a state of imbalance.

In 1957 Eileen J. Garrett, the foremost medium in the West; addressed the following question to Dr. Ira Progoff: Could he, on the basis of his studies in

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depth psychology, tell her what was the nature and meaning of the voices that spoke through her? Dr. Progoff embarked on months of basic research that consisted of conversations with the various figures who spoke through Mrs Garrett when she was in trance. This book contains transcripts of two conversations with Ouvani, "the keeper of the door", two conversations with Tahoteh, "the giver of the word", and two conversations with Ramah, "the giver of life". To these conversations Dr. Progoff applied the methods of depth psychology in an endeavour to discover what

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the meaning of these voices was for the personality of Mrs Garrett as a whole. Were they in truth dicarnate entitites in which spiritualists were entitled to believe? Or did they have some other significance? Dr. Progoff concludes that "during the past decade, from the pioneer work of C. G. Jung to the more recent writings of existential psychology it has increasingly been noted that an experience of ultimate meaning is necessary if in the field of psychotherapy is to succeed. New sources not in the textbooks will need to be tapped, and these conversation with the

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psychic consorts of Eileen
Garrett may well be in the
forefront among them".

Learning how to get great
grades with an edge! We get
paid in this world for doing
things right. We get paid
extra if we do them right
and fast. School is a
wonderful laboratory for our
kids to develop their
ability to do so. Easy A's
can show them how. It covers
all the basics: motivation,
organization, time
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skills and test taking
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More importantly, Easy A's
shows students how to
approach school

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right strategy C's can
readily become B's and B's
can easily become A's!

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