

Childhood Patterns

Object Relations

Heart Wounds

Subtypes

Passion & Fix

Defences

Traps, Lies and  
Anti-Self actions

Lines and Arrows

The Virtue & Holy Ideas

Pathways to Presence

# Into the (Wounded) Heart



Remember who you are, reclaim the energy that is getting used up on maintaining a false self, and move a step closer towards becoming Real

**"opened my emotional understanding of the types in such a raw heart way. ..unlocked a heart door"**

- T. Ryan



An integration of the teachings of Ichazo, Maitri, Naranjo, Russ Hudson, Tom Condon, Bea Chestnut, Uranio Paes and A.H Almaas on the ego dynamics, struggles and strategies, as well as the pathways to state change and life transformation.

**Includes:** A pre-contact session workbook, multimedia resources, course slides. This is followed by the 5hr recorded Zoom workshop. The individual "solo track" option includes the course materials and a 90 min 1:1 with Ingrid Hurwitz.



Sign up: [elsie@takdir.co.za](mailto:elsie@takdir.co.za)  
Enquire: [ingrid@takdir.co.za](mailto:ingrid@takdir.co.za)

**"It was a threshold-crossing experience."**

Vijay R. Facilitator and NPO Director

**"Sensitively led and beautifully researched. I love the way you are so attentive to the spaces that emerge, facilitating with such ease and flow! Truly rich and enlightening."**

**The container you create allows for deep insights and mutual learning."**

Lyn M-B. Spiritual Director and Coach

## COURSE FEES

VAT inclusive  
Stand-alone  
\$165 / ZAR  
R2100 per  
Type.  
Save for the full  
program.  
\$1198 / R15120  
ex. VAT  
Enquire about  
Takdir BIPOC  
sponsorships!

## 2022 DATES

All workshops  
are at SAST -  
6pm-10pm  
Type 8: 17th Mar.  
Type 9: 21st Apr.  
Type 1: 19th May.  
Type 2: 15th Jun.  
Type 3: 21st Jul.  
Type 4: 18th Aug.  
Type 5: 15th Sept.  
Type 6: 13th Oct.  
Type 7: 17th Nov