

The 2021 Self-Mastery Program

with Mary Hayes Grieco

“As we release the past, we also release ourselves into the richness of the present and the possibilities of the future. We find ourselves on new ground, ready to walk forward into our goals and dreams.”

– Mary Hayes Grieco



You are invited to join a special community of people committed to personal growth and world service, with the masterful guidance of Mary Hayes Grieco. Mary is a respected spiritual teacher who has taught forgiveness workshops nationally and internationally for over thirty years. Studying holistic psychology and spiritual healing with Mary and your fellow students will change your life for the better. This potent and joyful course takes place in 10 modules and 90 hours of group learning. It offers an effective new skillset for emotional healing for yourself, or in your work as a mental health professional or healing arts practitioner. At the end of this training, you will have tools that empower you to end your suffering about the past, and live a vibrant and purposeful life in the present.

Our group meets in the cozy and peaceful Carondelet Center on the campus of the College of St. Catherine in St. Paul, MN. The program includes a private coaching session, which takes place at Mary’s office in Minneapolis. This course is a foundation and pre-requisite for anyone who is interested in becoming a teacher of the model and methods of Unconditional Forgiveness.

Enrollment is limited! Option to participate in person—with COVID-19 precautions—or online via Zoom. Call soon or fill out an application online and we’ll be in touch.

The 2021 Program Schedule

January 22-23: The Path of Self Mastery/Community Building

February 19-20: Forgiving Another Person or Situation

March 19-20: Psychosynthesis Part I: Soul, Personality, & Will

April 9-10: Psychosynthesis Part II: Subpersonalities

May 14-15: Self Forgiveness and Self Love

June 18-19: Healthy Boundaries

Summer Break: Monthly Check-in/Meditation (*dates TBA*)

September: The Essenes (*dates TBA*)

October: Develop Your Intuition (*dates TBA*)

November: The Subtle Energy System (*dates TBA*)

December: Living Your Purpose (*dates TBA*)

Questions: For questions and more specific information about this program, call the Midwest Institute at 612-874-6622

Cost: \$3,800.00 Payment plan available

Learn More: www.forgivenessstraining.com
www.maryhayesgrieco.com

