



Claiming Your Heart Story

G26060306

with Dr. Rick Diamond

June 26 – 28, 2026

Hello! I'm Dr. Rick Diamond, the Story Healer, and I'm so excited that we'll be together for my "Claiming Your Heart Story" workshop, Friday, June 26 – Sunday, June 28, 2026, in the wonder of it all at Ghost Ranch. It's one of my most favorite places in the world and it has powerful Heart energy! Here's some information about our weekend together.

Our retreat will include group time in which I'll talk and lead lively group discussions, using an archetypal fairy tale and other resources to explore parts of our selfhood and experience. I'm going to lead us through a process around the ways in which we become disconnected from the Truth within ourselves, and we'll explore the many "should" messages our culture has given us – about gender, bodies, work, money, success, and more. We'll also explore what is most true, most dear, and most wise within each of us, which I call your Heart. The world has a story it wants us to follow – but your Heart has its path, its desires, its power, and I want to help you claim your Heart Story.

You'll have individual time for writing and reflection. We'll share small group discussions to dig deeper and hear one another's experience and wisdom. We'll also have guided meditation times, to go within and connect to our deeper intuition and wisdom. If you don't know much about meditation, that's not a problem; this will be



simple and user-friendly. We'll have prompts and tools to use. I'll also be using some of the tools of Story Healing, a process meaning making, from my upcoming book.

Saturday afternoon will include a big block of free time for wandering, resting, and exploring beautiful Ghost Ranch.

You don't need to prepare anything beforehand. Please just show up as you are. Wear comfortable clothes; we'll be sitting together in a classroom talking, and we'll take some short walks together. (If you have any accommodation concerns, please let me know.) If in the week or two before the retreat, things "go wrong" – your car won't start, your kids get sick, someone leans hard on you – don't be alarmed. This is perfectly normal! Our Should Self has its routines and preferences, and it tends to get nervous when our inner life is changing. I encourage you to trust that you were led to be part of this retreat by Something bigger than your regular everyday self – your Heart!

I feel very honored that you have chosen to share this weekend with me and the group. Last year's Ghost Ranch retreat was absolutely beautiful and transformative. A true mountaintop experience for me. I believe that our time together this year will connect you to deeper parts of who you are, and what you want. And we're going to have lots of fun. Oh – and – if you have a drum or other noisemakers, please feel free to bring them if you like.

If you have any questions, please feel free to email me.

Rick Diamond

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Austin, Texas



DAILY SCHEDULE

FRIDAY

3pm check in - HQ
5:30 dinner
6:30 short orientation
7pm Class gathering
8:45 Labyrinth
10pm Quiet time

SATURDAY

7am Meditation
7:30 Breakfast
9am Class gathering
noon Lunch
1:30pm Class gathering
2:30 Free time
5:30 Dinner
7pm Class gathering
9pm Reflection time
10am Quiet time

SUNDAY

7am meditation
7:30 Breakfast
8:30 Class gathering
9:45 Break
10:00 Class gathering

*****Room checkout is at 10am, please ensure that all personal belongings are removed from your lodging accommodations prior to this.**

11:00 Closing ritual & departure