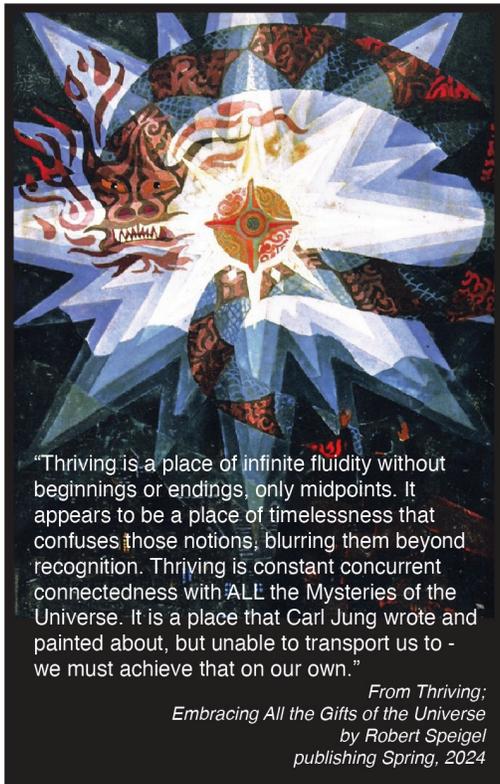


# On Thriving

## Embracing ALL the Gifts of the Universe

### A 3 Day Retreat for Men



“Thriving is a place of infinite fluidity without beginnings or endings, only midpoints. It appears to be a place of timelessness that confuses those notions, blurring them beyond recognition. Thriving is constant concurrent connectedness with ALL the Mysteries of the Universe. It is a place that Carl Jung wrote and painted about, but unable to transport us to - we must achieve that on our own.”

*From Thriving;  
Embracing All the Gifts of the Universe  
by Robert Spiegel  
publishing Spring, 2024*

### Details

**When:** Friday April 21, 2023 at 4:00 PM  
to Sunday April 23, 2023 at 5:00 PM

**Where:** Mosswood Hollow Retreat Center  
20215 320 Ave. NE  
Duvall, WA 98019  
425-844-9050

**Cost:**

<u>Tuition</u>	<u>Food</u>	<u>Room</u>
\$525.00	\$156+tax	\$144-\$340+tax

(Select and pay for food and room at <https://tinyurl.com/Room-Food>)  
(Your Health Insurance may cover up to half of your tuition)

**For more details and to register go to:  
<https://tinyurl.com/On-Thriving>**

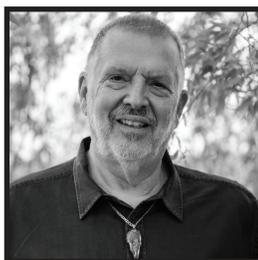


Mosswood Hollow Retreat Center

### The Retreat Will Provide You With:

- A unique opportunity to be in retreat with fellow men seeking to explore a healthy path to Thriving
- The time and space to work with the blocks you might have to “Thriving” using proven techniques of meditation and visualization, paired Heart Centered Hypnotherapy, and active imagination
- Processes to help define the specific elements of Thriving and create a daily practice of those processes.
- A comfortable retreat center in a beautiful setting to enter into a magical and cleansing energy field for physical and soul healing - something men rarely experience

### Your Retreat Leader Rob Spiegel



Robert Spiegel has over 45 years experience as psychotherapist, clinical hypnotherapist, author, teacher, and research scientist. He is a visionary inventor, holding three United States patents for bio-behavioral medical technology, and served as a two-time Principal Investigator for the National Institutes of Health. His research proved the efficacy of his targeted medical hypnosis technology.

Rob holds a Bachelor of Science Degree in Experimental Psychology from Wright State University (1970) and a Master of Social Work degree from the University of Michigan (1973). He is a member of the Academy of Certified Social Workers, a Board Certified Diplomate of the National Association of Social Workers, and a Washington State Licensed Independent Clinical Social Worker. He holds an Advanced Certified Hypnotherapist certification, and offers telemedicine services to his clients across the country.

[robspiegel.com](https://www.robspiegel.com)  
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