

The Whole Health Center

Summer Classes & Events Schedule

Meditation and Qigong -- Tuesdays and Fridays from 7:30 to 9:00 AM. This summer we will be offering sessions in meditation and qigong two mornings a week. Silent meditation with occasional guided instruction will begin at 7:30 am. Qigong instruction and practice will be from 8:00 - 9 00 am. Everyone is welcome - beginners or experienced - at any time. Suggested donation is \$15.00, or whatever you can do. (A couple of dates are skipped, so call to check if its your first time.)

Preparing Japanese Knotweed for Prevention or Treatment of Lyme -- Saturday, July 23, from 9:30AM - 12:30PM. Lyme disease has become a major health concern for everyone in Maine, often redefining how we spend time outdoors. The Lyme spirochete is powerfully invasive of the body, not so easy to remove, and capable of causing great debility. But, as if part of the plan, the invasive plant species, Japanese knotweed, arrived here several decades earlier. Also difficult to remove, it may be found in fields, gardens, woodsides, and roadsides. As it turns out, Japanese Knotweed is a powerful herbal medicine for treating Lyme. With its antibiotic, anti-inflammatory, and many other special qualities, it is one of the two or three most highly regarded herbs for treating the body for Lyme. It is actually pleasant tasting; and it is all around us.

This experiential workshop will examine the properties and uses of Japanese Knotweed, and then take us through identifying and digging the root, and learning how to prepare it both as a tea and as a tincture. Knowing how to make use of Japanese Knotweed is becoming an important first aid skill for anyone.
Cost: \$40

The Earth Solo - A Guided Experience of Solitude and Fasting in the Lap of the Earth, August 9 - 13, Wednesday afternoon through Sunday morning, with Joseph Rubano. Joseph, who is a member of the Wilderness Guide Council, and who had been studying with native elders since 1979, has been leading solo retreat and fasting experiences for many years in the mountains and deserts of the Southwest. He returns to Maine this summer to oversee our fifth solo retreat experience in the beautiful, deep, and sacredly kept woods of Starflower Farm in Monroe. This "vision quest" experience is a step out of "smothering" civilization into your own raw dance with self and the elements. Joseph has said (and my own experience confirms – pw) that, along with True Heart/True Mind, this is the most profound transformational "workshop" experience he knows. Joseph is a master of helping to make this an enriching experience, from the initial orientation sessions to the three-day and three-night solo experience, through the final welcoming-back ceremony and meal. Let us know of your interest as soon as possible, and call us with any questions.

Total Cost: sliding scale: \$335.00 - \$435.00. (Some may elect to start a day later for a shorter two-day and two-night solo retreat.) For more information about Joseph and the solo retreat, check out Retreats at josephrubano.com.

Plus a Summer Schedule of Music and Poetry:

The Shattered Mirror of Prophecy: A Tribute to Leonard Cohen -

**Sunday, July 30 at 3:00 PM at The Whole Health Center in Bar Harbor, and again on
Saturday, August 19 at 7:PM at The Reversing Falls Sanctuary in Brooksville
Featuring Timbered Lake (Diana Newman and Crow Suncloud) & Paul Weiss**

*He kept the ancient temple flame in the broken trenches
of Your Holy Name, and in the hearts that hold
Your broken seal – a public cantor of the immaculate profane,
a sinner who freely showed us how to kneel. (pw)*

First conceived last November upon Leonard Cohen's death (the night before the presidential election), this moving tribute to a great and prophetic artist includes original songs, music and poetry by the performers, as well as versions of Cohen's own songs and readings of his work. Suggested donation: \$10-15.

Two Loons at Dusk -- a reading with Joseph Rubano and Paul Weiss

**Tuesday evening, August 15, 7:00 PM at the Unitarian Universalist Church on the
Bucksport Road in Ellsworth.** Fresh from their days and nights keeping the fire for the Earth Solo, Rubano and Weiss team up again to stoke the fires in celebration of poetry. Each is author of two collections of poems -- Weiss of *You Hold This* and *Moonlight Leaning Against an Old Rail Fence*; and Rubano of *Our Life is Everywhere*, and the newly expanded and republished *Go to the Edges*. (No charge.)

*there is a wild witch waiting to be released
waiting to twist the crooked finger
of your being into shape....*

*go to the edges
where a dessert you never imagined
is longing for your tongue (joseph rubano)*

And at the Common Ground Fair, Unity, Maine, September 23-24

Paul will offer three programs this year at the fair:

Rejuvenating Qigong at The Whole Life Tent, Saturday morning, 10AM, September 23

The Soul of the Earth, a poetry reading at the Russell Poetry Grove, Saturday at 3PM

**Opening the Heart with Tibetan *Tonglen* Meditation at The Whole Life Tent,
Sunday, September 24, at 2PM**

**The Whole Health Center, 168 Gilbert Farm Road, Bar Harbor, Maine 04609
207-288-4128 info@thewholehealthcenter.org**