



# Mindfulness, Heartfulness, and Wholesome States –

an ongoing **free** community class  
in psychology, spirituality, and human development

**Ongoing Wednesday evenings, 6:30 – 8:30**  
at The Whole Health Center in Town Hill

*Mindfulness* is our capacity to stay present with our receptive attention – in a non-reactive, non-judgmental way – to the moment-to-moment instances of life.

At its deepest level it incorporates a *Heartfulness*, a presence of heart or loving awareness that regards all things within the presence of a greater heart.

These both contribute to the emergence of *wholesome states of being*, states that express our innate capacity for loving awareness, generosity and compassion; states deeper than our negative programming that accumulates over a lifetime from our mental-emotional-survival systems.

Join us Wednesday evenings to explore the power of your *attention* –  
and the power of your *intention* –

- \* to reprogram your brain to more wholesome and positive states of being;
- \* to overcome emotional reactivity and to stay present for the feelings you didn't think you could handle;
- \* to find more centering and grounding in your body rather than being lost in your head or on the internet;
- \* to deepen your ability to stay present and open in communication and in your relationships;
- \* to access the highest potential of the brain and the heart working in harmony

Call with any questions or feel free to show up. *This is a free program. Any donations to this program will be donated to programs working with refugees both abroad and here in Maine.*

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