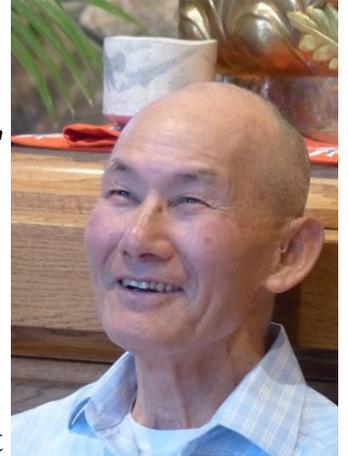


# The Whole Health Center Newsletter

## Spring 2017

(including our next *True Heart, True Mind Intensive*)

**Being... is what you Are -- A dzogchen meditation retreat with Brendan Kennedy, Saturday and Sunday, May 20-21:** We've had many requests to bring Brendan Kennedy back to lovingly goad us into short moments of noticing the obvious. **The Tibetan sage Longchenpa said: "Seek for the Buddha nowhere else than in primordial freedom itself -- the pure fact of being aware right now."** In this informal retreat Brendan Kennedy will offer us teaching sessions and carefully sequenced meditations that point us towards recognition, in the moment, of our true nature: that Being and that Awareness that underlies all our experience and is the very *fact* of what we are, perfect and complete. And we will have the opportunity to examine and discuss our practice and experience together. *But in order to confirm Brendan, we need an early expression of interest. So let us know soon if you'd like to attend.* Saturday sessions are at 10-noon, 2-4 pm, and 6:30-8 pm. Sunday sessions at 10-noon and 2-4 pm. Non-residential. Cost: \$125. (For more about Brendan Kennedy, see the retreat flier on our site.)



**Coming Into Wholeness -- a special Breath, Movement, and Support workshop for Cancer Patients and Survivors, offered at the Beth Wright Cancer Resource Center, 23 Commerce Park, Ellsworth -- with Paul Weiss, and Janice Ronco of Hospice Volunteers of Hancock County. June 6 (1-3pm) and June 14 (1-2:30pm).** In these two sessions, focusing on grief, change, and cancer, participants will receive grief support in a group environment and then learn *qi gong* skills of breath and movement to use in moments of stress, despair or overwhelm. Paul says "When we experience traumatic loss of an important part of ourselves or feel like our life has been taken away from us, we need to listen and move in our bodies in new ways to access healing energy and lift the spirit. *Qi gong* can teach us to listen to our mind, body, and heart more deeply and to find new meaning -- so that our losses lead not to defeat, but to transformation." No charge for this program.

**Healing Touch, Level 1: In Blue Hill, Saturday and Sunday, May 20 and 21.** With Tina Devoe, RN, HTCP/I. This is not a WHC program; but we wanted to inform you of this Introduction to a well established mode of energy healing, well accepted in many hospitals and nursing programs. For more information, contact Jean McKillop, HTP, (207) 326-4315 or [morgana1@gmail.com](mailto:morgana1@gmail.com)

**True Heart/True Mind Intensive Residential Retreat, June 8 -12 (Thursday evening through Monday morning) With Paul Weiss.** True Heart/True Mind has been our "flagship" retreat for thirty-four years. It is an otherwise silent retreat in which communication, as well as contemplation, becomes the vehicle for taking us deeply into the mysteries of self-realization. We learn to sit with the timeless question "Who Am I?," not to be answered intellectually, but to be opened to with deepening contemplative awareness. The True Heart/ True Mind retreat is

a highly structured, safe, and supportive setting in which everything you are becomes the object of your simple investigation into the nature of self and reality, without judgments, comparison or rejection. We learn to be fully present for our experience while becoming newly aware of the one who *is* present, with deepening integration, insight, and sometimes a mind-liberating breakthrough. And this learning occurs in the context of a two-person communication process that fosters trust, reciprocity, receptivity, non-judgmental attention, a deepening bonding, and surrender to a truth that lies outside our own mental constructs and projections. This demanding and gratifying Intensive process is integrating, revelatory, and often life-changing. It offers a practical introduction to non-dual spirituality and is also a great tonic for anyone's current spiritual practice. With its equal emphasis on contemplation and communication, it helps us take responsibility for our inner life and our outer life. With its emphasis on deepening our intention, our openness, and our honest accountability, it is the foundation of all spiritual work. It has never been more vital: to our current times, or to the needs of each of us to be true to ourselves and true to each other. Call us with any questions, and read more on our website. The full cost for this four day residential retreat, including meals, is \$545 (\$485 if registered with an \$85 deposit by May 20.)



**Earth Solo Experience, August 9-13, with Joseph Rubano.** Joseph, who has been leading solo retreat and fasting experiences for many years in the mountains and deserts of the Southwest, 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 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. 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 info: check out Retreats at [josephrubano.com](http://josephrubano.com).**



### **Current Ongoing Classes --**

**Wednesday evenings: Becoming Present with Mindfulness and Heartfulness --** this free weekly community class offers a broad approach to meditation and its integration into our daily life, leading to more wholesome states of being. Our weekly shot of buddha, dharma, and sangha. 6:30 - 7:00 silent meditation, followed by other class teaching and practice till 8:30. See flier on our web homepage. All welcome. (No charge; but donations for the evening go to refugee programs.)

**Thursday mornings, 8-9:15: Morning QiGong--** A gently flowing Chinese yoga, akin to tai chi, for beginners and experienced. We go deep, but stay simple! A grounding and ecstatic way to start a day. \$15.

### **Counseling**

Paul also continues to provide private counseling for individuals and couples including mindfulness based CBT, emotional recovery work, couples communication skills, stress management, spiritual counseling and contemplative skills training.

*All inquiries can be made to The Whole Health Center at [info@thewholehealthcenter.org](mailto:info@thewholehealthcenter.org), or please call 207-288-4128. Registration deposits may be sent to us at 162 Gilbert Farm Road, Bar Harbor, Maine 04609*