

The Whole Health Center

Schedule and Newsletter - Fall 2017

True Heart/True Mind, "Wednesday Night Class," Winter Retreats, Poetry, and More

Five Animal Qigong, Tuesdays at 5:30pm in Blue Hill, October 31 - January 16. There are many versions of five animal qigong in China, capturing the unique spirit and movement of different animals. This particular version --turtle, crane, snake, tiger and dragon-- comes from Wudang Mountain, the traditional home of Taoist martial arts. These are each short flowing forms that exercise all of the muscles, organs and meridians of the body. They are enjoyable-- and increasingly challenging as we move from turtle to dragon. But we teach them slowly and carefully, with lots of time for practice and individual review; and with other supportive qigong exercises. 10 sessions, \$195. (Call for exact location.)

Poems and Dramatic Readings by Paul Weiss from his own work at the Southwest Harbor Library, Wednesday, October 18 at 5:00pm.

Leonard Cohen Tribute, Sunday, October 22 at 4:00pm --A reprise at the Reversing Falls Sanctuary in Brooksville, 818 Bagaduce Road. Concert with Paul Weiss and folk duo Timbered Lake. Back by popular demand: writings and songs of Leonard Cohen blended with original songs and poetry in tribute to him as artist and prophet -- close to the anniversary of his passing. With new material; and, as requested, this performance will give time for the audience to share what Leonard Cohen has meant to them.

Finding the Center in a World of Distraction: Re-inhabiting Body and Soul-- A Wednesday evening community gathering and class with Paul Weiss at the UU Church in Ellsworth, 6:00 to 8:30, beginning October 25. In a world that often seems designed to distract us from the nature of our deeper human potential and our capacity for spiritual transformation -- and that makes it easy for us to dis-inhabit both our bodies and our souls -- these Wednesday classes resume our open community "sangha" of people gathering together weekly to communicate and to explore the nature of what we truly are.

In the tradition of our previous "Evolution's Edge" programs, this will be a full community evening of learning, practice, and connection -- in both large and small groups, and one to one. We'll begin at 6:00 with qigong movement exercises to relax from the day, re-inhabit the body, and open us up for the evening ahead. Then we'll break for some light food and social contact (so if you had to short-change dinner, you'll find --at the least-- fruit, good bread and cheese). Then we'll regather in circle for teachings and practices -- drawn from the wisdom traditions and from modern psychology and neuroscience -- concerning the breath, the heart and the awareness; exploring own energy centers and body/mind connections; deepening the power of the *attention* and the *intention*, and the power of communication; and thus practice re-inhabiting not only our own body and soul, but that of the community heart.

Our contemporary culture, economics and politics might seem very disheartening right now. But we must take heart from a far older and ongoing science of human development and love that links us through the ages. Come take heart Wednesday evenings. Every evening is open to all, but we hope you'll become part of a committed core that will bring nourishment to yourself and support to others. No charge. But a suggested weekly donation, according to ability, is \$5-\$25.00.

True Heart/True Mind – Intensive Residential Retreat, October 26-30 (Thursday evening – Monday Morning): True Heart/True Mind has been a sound, supportive and challenging doorway into spiritual growth and awakening for over three decades. It is a unique and well-tested integration of zen

contemplation and focused communication designed to catalyze our awakening into pure presence. It is a supremely integrative and non-dualistic process founded in love and awareness, and goes to the unadorned heart of all spiritual practice. At the *True Heart/True Mind* retreat everything you are becomes the object of your simple investigation into the nature of self and reality, without judgments, comparison or rejection. 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 holds us all and that lies outside our own mental constructs. With its equal emphasis on deep contemplation and honest communication, it helps us to take responsibility and to develop skills for both our inner and outer life. With its emphasis on deepening our pure intention, our openness, and our honest accountability, it sets the stage for a revelatory breakthrough. This is an occasion for those willing to let their soul's search for truth and self-realization become their ruling passion for at least these three days.

Read more at True Heart/True Mind on our website. *Cost for this 4-day residential retreat including meals is \$495. Some scholarship help may be available.*

The Psychology of Personal Transformation in Christianity and Buddhism -- Sunday, December 10, 10am - 4:30 pm As Christmas season approaches, we always enjoy taking an occasion to look more deeply at the legacy of Jesus in the context of the wisdom tradition. We will look at the radical spiritual and social teachings of Jesus, including the deeper meanings to be found in the Lord's Prayer and the Beatitudes that are unveiled by Aramaic language studies. We will also compare these with some of the transformational teachings of Buddhism, and see how these traditions complement and enlighten each other. Cost: \$85.00

Coming in the New Year

True Heart/True Mind Intensive, January 4-8, 2018. (See above.)

Qigong -- for Coherence and Flow of Body, Mind, and Breath, Sunday, January 21 at the Belfast Dance Studio

Winter Zen Meditation Retreat, January 25 -28

Tonglen -- The Healing of Past and Future, February 9-11

Taoist Magic, Taoist Healing, March 16-18

This has been a tumultuous year for the country. Many of us find ourselves recalibrating our lives, our politics, and our future. Many organizations also reported to us that people seemed less likely to step out, or respond to events or classes. We also experienced that; though it now seems to be leveling out and people are re-engaging. We also experienced the challenge of no longer having Bettina to encourage us and to help with so much of our work. Her contribution is magnified by her absence. At The Whole Health Center we are also re-examining our work and our direction, and we hope we may have some new and exciting possibilities to share with you all soon.

Meanwhile, I was offered three very inspiring personal reminders in late summer of both the moral and creative viability of our species in this challenging time. The first was occasioned by my giving a workshop for the Immigrant Legal Advocacy Project in Portland. It was a privilege to witness up close the dedication of this group --with disappearing state and federal resources or moral support-- working on behalf of immigrants and asylum seekers here in Maine. And one can easily multiply that by thousands of such dedicated workers for peace, social and economic justice everywhere.

The second was occasioned by attendance in New York of a friend's ordination into the Order of Interbeing, the order created by Thich Nhat Hanh over his many years of teaching that reflects not only his profound wisdom, but also his skillful genius in recasting and re-articulating Buddhist teaching in a way so uniquely

relevant to contemporary language and concerns. The ordination included the recitation and acceptance of the *Fourteen Mindfulness Trainings*, which are so beautiful that I want to link to them [here](#).

Finally, I attended my youngest son's graduation from the non-resident degree program at Goddard College in Vermont. I was moved by the cutting edge work presented by each of these younger and older students, reflecting their ongoing dedication and accomplishment in such areas as the healing of trauma, herbal medicine, art and natural history, social justice, sustainability and interconnectedness. And I was again reminded of the thousands of young healers, thinkers and doers cutting a creative course into this next century.

To register for programs, contact The Whole Health Center at 207-288-4128,
or info@thewholehealthcenter.org