

The Whole Health Center

Winter Workshop/Retreat Schedule

Our program of retreats and classes at The Whole Health Center supports our now 37 year old mission to promote the integrated health of body, mind, spirit, and society. Integration and healing are the themes that run through all of the programs below -- which integrate not only the many dimensions of our own living, but also the inheritance of many wisdom traditions with the most radical insights of contemporary psychology and neuroscience. We hope these programs, beginning with our New Year Intensive below, will support your own vital practice of coming into the fullness of your being at a time when the world really needs that of you. ...And consider forwarding this schedule to those who may not know about us.

True Heart/True Mind -- Intensive Residential Retreat, January 4-8 (Thursday evening - Monday morning). The new year begins with our unique and well-tested integration of zen-like contemplation and focused communication processes designed to prompt our awakening into pure presence. True Heart/True Mind offers support for wherever we are in our spiritual practice. It is a welcoming doorway for beginners, rooting one in what is essential to spiritual practice and to an integral sense of self. For experienced practitioners, it complements and enhances other practices, or may release areas of stuckness.

“As we awaken we discover that we are not limited by who we think we are. All the stories we tell ourselves – the judgments, the problems, the whole identity of the small self, “the body of fear” – can be released in a moment, and a timeless sense of grace and liberation can open for us.” Jack Kornfield, Buddhist teacher

“one of the most exact, the most rigorous, and the most truthful methods of knowing the self which have emerged in the course of humanistic psychology” Jacques de Panafieu, in the French publication, *Psychologie*

Read more at True Heart/True Mind on our website. ([Or click HERE for a longer description.](#))
Cost for this 4-day residential retreat including meals is \$495. Some scholarship help may be available.

Qigong -- for Coherence and Flow of Body, Mind, & Breath, Sunday, January 21, 9:30 - 4:30 at the Belfast Dance Studio. In the normal course of our aging, stress of life, and cultural conditioning, the movements of the body lose much of their natural harmony and become more rigid and fragmented. The breath may become more shallow and irregular. The heart loses its natural openness -- which we would otherwise experience as harmony, affirmation, and well-being; and becomes subject to negative emotional messages, further compromising health. And our awareness is distracted from its own transparent quality as it becomes pre-occupied and identified with the mind's continual thinking and imaging.

Qigong, as we teach it, is the very holistic practice by which we address and reverse these dysfunctions, restore unity to body, breath and movement -- harmonize even the heart and the awareness -- and help restore a coherence of body and spirit with the healing energy field that animates our life and all life.

Working with breath, music, visualization and gentle movement, this class gives you an opportunity to experience your body, energy, and spirit in a new and delightful way – a way that opens up the infinite dimension of who you are. Cost: \$85.00

Illuminating Awareness - Our Winter Zen Retreat, January 25 - 28 (Thursday evening through Sunday lunch). This year's winter meditation retreat focuses on the zen practice of **Silent Illumination**. Silent Illumination is the essential, all-inclusive, and integrative zen practice. It brings us face to face with life and with our own minds as we learn to deepen and expand our capacity for quiet and integrated awareness and presence, while relaxing our reactivity and judgment.

Our retreat is held in semi-formal tradition and provides for over 8 hours of meditation a day, including formal group sitting, walking meditation, chanting, and formal early morning tea service. It offers practiced meditators support for serious retreat and extra meditation, while offering beginners ample instruction, relaxed down time, and a chance to ease into the experience of sitting. Details and retreat schedule available on request.

Cost (including room and board): \$255. (Those unable to begin Thursday may speak to us about starting Friday evening for a cost of \$185; although we encourage people to have the longer retreat experience.) Scholarship help is available, as needed.

Tonglen -- The Healing of Past and Future, February 9-11 (Friday evening through Sunday lunch). Like *qigong*, the ancient Tibetan meditation practice of *tonglen* is a profound **holistic practice of integration**, harmonizing our awareness, our hearts, our breath, and our visualizing or thinking mind. Originally designed to broaden and strengthen our practice of -- and capacity for -- compassion towards others, we find that its systematic practice of compassion is an all-valuable tool for self-healing as well. We have used it to promote healing of our current mental/emotional states; our childhood wounds; as well as our relationships to those both close to us and foreign to us. Furthermore, most people carry some level of regret or negativity concerning their past, and some level of anxiety or negativity concerning their future. This weekend, we will learn and practice all these aspects of *tonglen* healing, widening the reach of our compassion for others, while taking special time to address the healing of our relationship to past and future. This is a warm and welcoming residential retreat, although commuting is also an option. *Cost, with meals: \$195.00 Scholarship help as needed.*

Taoist Magic, Taoist Healing, March 30 - April 1 (Friday evening through Sunday lunch). The relationship between the mind, the vital life energy (qi), the body, and the living world is the foundation of Taoist healing. It is also the foundation of Taoist magic. Learning to cultivate this relationship and to practice it in life-supporting ways will be the theme of this year's residential retreat.

Through teachings, meditation, and qi gong we will learn a new way to see into the inner landscape of the world and the body, and to trust our creative and healing participation in it. And we will have a chance to explore a playful new way of relating to reality based on teachings Paul received from his own Taoist master in China, who said, "Be humble. Be empty. Enter into chaos. Dare to think anything."

This relaxing and energizing residential retreat will include a balanced and nourishing daily schedule of qi gong, healing meditations, good food, rest, focused study, and magic. Cost: \$195.

**For registration or questions about any workshop, contact us at 207-288-4128 or info@thewholehealthcenter.org. Registration deposits of \$75 may be sent to:
The Whole Health Center, 162 Gilbert Farm Road, Bar Harbor, Maine 04609**