

“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

True Heart/True Mind

an intensive three-day process of self-awakening

January 4-8, Thursday evening through 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.

Working together with rotating partners -- while contemplating the question, "Who am I?" -- each person unfolds, in his or her own time, layers of personal identity, gradually letting go of limiting perceptions and distractions, until we have exhausted all but our openness to the essential nature of "self" and "other," beyond all labels or preconceptions. 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.



Anne Wetzel

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.

We have offered these residential retreats at The Whole Health Center in Bar Harbor for 34 years, drawing people from all over the world to participate in this uniquely transformative process that has never been more vital to our times.

The full cost for this four day residential retreat, including meals, is \$495.

Registration deposit: \$85. Some scholarship help is available.

"I want to recommend that this work is going to be very transformative, is going to enhance your dharma practice."
Anam Thubten Rinpoche

**Call or email us anytime at (207) 288-4128, info@thewholehealthcenter.org,
for registration or with any questions.**

Or learn more at True Heart/True Mind on our website: [The Whole Health Center.org](http://TheWholeHealthCenter.org)

168 Gilbert Farm Road, Bar Harbor, Maine 04609