

The Healing of Past and Future

The Compassionate Practice of *Tonglen*



A residential retreat at
The Whole Health Center
Friday evening - Sunday lunch
February 9-11

The ancient Tibetan practice of *Tonglen* is a technical guide and support system for opening the heart of our compassion; and for becoming more truly supportive and available in the face of the suffering of others. It also allows us to discover our ability to compassionately embrace and integrate our own suffering -- and the parts of ourselves, and of our own experience, that we thought ourselves least capable of handling.

One dimension of our human suffering is the degree of regret or negativity we may carry concerning the past; and our anxiety or negativity concerning the future. Thus, while exploring the many dimensions of *tonglen* practice and healing, we will also take special time in this retreat to address the healing of our relationship to past and future.

This is our fifth extended *tonglen* workshop, using the retreat format to deepen the safety of the group, and to more fully avail ourselves of *tonglen's* healing and transformative power. This workshop will offer a safe and encouraging setting for exploring our own healing journey, building our capacity for compassionate presence while learning to use the many dimensions of *tonglen* meditation balanced with other supportive practices.

Cost: \$195.00 – includes residence and meals, beginning 7:00 pm Friday after dinner. *Please ask if you need scholarship assistance.* For registration and information please call The Whole Health Center at 288-4128 or email info@thewholehealthcenter.org.

“Paul is a dharma teacher with lots of heart wisdom. His presentation and teachings are going to benefit anybody. The essence of his work and the teachings of vajrayana are very much identical. That’s why I want to recommend that his work is going to be very transformative, is going to enhance your dharma practice.”
Anam Thubten Rinpoche