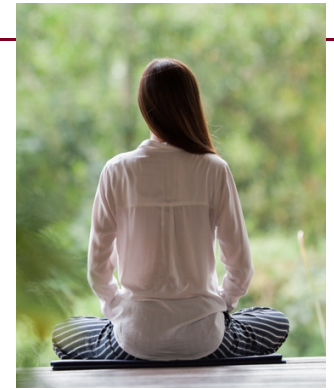


Meditation

Into the Heart of the Matter



A Monday evening class at The Whole Health Center*

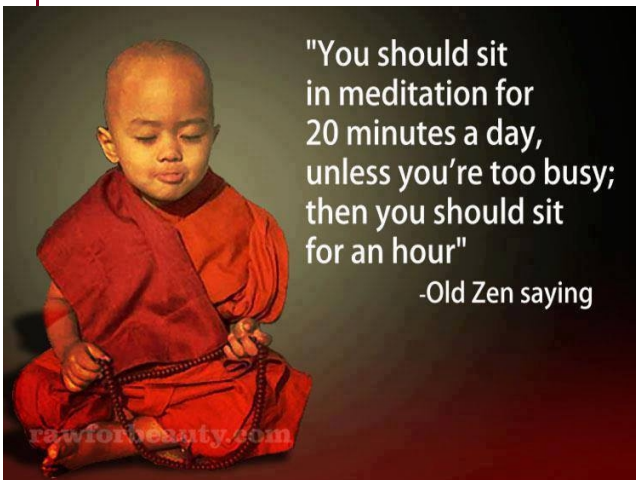
The heart of the matter is our own experience of being here.

Meditation helps release our awareness from its attachment to old mental programs, distractions, projections and self-pity images. It awakens our brain capacity for the simple and genuine experience of being here, which is without limitation.

Meditation expands our capacity for sensory experience that is selfless, and liberated from beliefs and judgments. And it awakens our natural capacity for the joy and compassion that are qualities of our own wholeness.

MEDITATION MAKES AN ESSENTIAL CONTRIBUTION TO OUR EMOTIONAL AND COGNITIVE DEVELOPMENT AS HUMAN BEINGS.^a

This class is dedicated to awakening and strengthening our own natural capacity to meditate, and to relate it to our everyday emotional life. It will coach us in using a number of mutually supportive techniques that allow us to open to a more universal experience of being. And it will give us a chance to practice, ask questions, examine difficulties, and practice again. And to be part of a dedicated community of practice.



"You should sit in meditation for 20 minutes a day, unless you're too busy; then you should sit for an hour"

-Old Zen saying

***This class meets Monday evenings from 7-8:15, with open sitting time beginning at 6:30. We recommend and request you come early and take some time to sit quietly before class starts.**

**Open to all. No charge.
Donations welcome.**

**For more information, call 288-4128 or email info@thewholehealthcenter.org
162 Gilbert Farm Road, Bar Harbor**