

True Heart, True Mind

May 31- June 4



True Heart/True Mind is a unique contemplative retreat that grows out of the zen tradition.

What do we mean by contemplation? *Contemplation* is an intent and open way of using the mind; an inquiring, but purely receptive awareness that we practice instead of the mind's normal activity of labeling, judging, figuring, projecting, or believing it already knows. It leaves us open to the deepest truths.

Why is this retreat unique? *For starts*, we practice the art of contemplation as a way of opening to the nature of our our own selves. Normally we identify with the sum total of our thoughts, memories, beliefs, feelings, other people's opinions, and the story we continue to weave out of these. This drives our fears and desires, our needs and our suffering. But how often do we relax the story and open ourselves with receptive awareness to the mystery of our underlying nature -- to experience something new about ourselves that is deeper? Who or what is it that is actually going through all these experiences?

*To know yourself in truth, and
to speak with a natural honesty,
is also*

*To receive others in truth,
with compassion,
and without labels and prejudice,
is also*

*To live life more consciously
and effectively, in genuine contact
with others,
and in genuine relationship to all things,
is also*

*To live the meaning of your life
that goes beyond all meanings.*

Secondly, the retreat is unique because we don't practice our contemplation in a vacuum. We balance it by going deeper in our communication with others, in rotating pairs; learning to speak with openness about our process and our truth, and to listen with pure non-judgmental presence and receptivity to the truth of others.

Together they have a powerful effect on our capacity for integration, awareness, insight, compassionate presence, and self-realization.

Contact us with your interest or any questions about the True Heart/True Mind Intensive at 207-288-4128 or info@thewholehealthcenter.org. Cost for the three and a half day residential retreat with meals is \$495. A registration deposit of \$85 may be mailed to The Whole Health Center at: 162 Gilbert Farm Road, Bar Harbor, Maine 04609

“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 Psychologie)

“Pure loving presence, no dogma, no pretense, no hype or masks. With refreshing simplicity, sharp focus, and crystal clear, compassionate guidance, Paul Weiss engaged us in a difficult dyad process with ease and fluidity, and, with his team, they remained a genuine, loving, supportive, and inspiring presence throughout. Gita Masiques, Toronto, Canada

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