

The Whole Health Center Schedule

Fall-Winter 2018-19

Bar Harbor

Here's our schedule of retreats, workshops and local classes through the winter. And even a concert or two. Last minute additions are always possible. "Difficult times" like ours have almost always been the context in which human beings continue their spiritual life, their positive creative activity, and their compassionate healing work. We are reminded more than ever that we must turn to understanding and actualizing the deeper aspects of our own being-- which, in turn, also strengthens our own capacity to serve. After 38 years of operation, I hope that for a while longer the Whole Health Center may continue to offer support -- through individual counseling and group classes-- for our healing and our spiritual work. And that you are inspired and enabled to take part. Events are with Paul Weiss at The Whole Health Center unless specified.

We depend on our program fees, but feel free to request scholarship help if needed. Also, if you'd like, ask us to mail you a copy of our little book: *Body, Mind, and Spirit -- Windows into 35 year of Integrative Practice at The Whole Health Center*, with many articles on our work with integrative counseling, authentic communication, body/mind healing, qigong, heart health, and more.

Workshops and Retreats (see below for our weekly classes)

Qigong for Everyone -- Saturday morning, October 27, 9:30 - 12:30 at the Reversing Falls Sanctuary, Brooksville, Maine. Old or young, new or experienced, ailing or well, qigong restores us to ourselves -- to the natural flow and delight of our bodies; the openness of our breath; the brightness of our energy; the spacious clarity of our mind; our intimacy with the energy fields of the earth and the heavens. What's not to love? We are all beginners, because each moment we are *beginning* to open: learning to relax, to listen to our bodies, to listen to the energy, to experience ourselves moving, releasing, opening, in a new and delightful way. We hope you are able to take advantage of this delicious morning. Cost: \$35.

That Which is Shining Out of Everywhere (A Poetry Reading with Paul Weiss) Sunday, October 28, 3:00 - 4:30. The word which Jesus uses for heaven is the Aramaic word *d'bwashmaya*, which suggests "that which is shining out of everywhere." The poems that Paul will share with us on this occasion are his poems of "that which shines out of everywhere" -- the inner radiance and completion that shines from the heart of the world, even amidst the dynamics of darkness. The second half of the program features a long poem, *By the Rivers of Babylon*, on the very nature of light and darkness, and the choice within us all for affirmation vs. negativity. (And again in Brooksville, Sunday, Dec.16, 3PM) No charge.

True Heart, True Mind Intensive November 1-5 (Residential retreat Thursday evening – 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 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. At the *True Heart/True Mind* retreat everything you are becomes the object of your simple investigation into the nature of self and reality, without judgments, comparison or rejection. And this learning occurs in the context of a two-person communication process that fosters trust, reciprocity, receptivity, non-judgmental attention, a deepening bonding -- and surrender to a truth that holds us all and that lies outside our own mental constructs. 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. 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.

Read more at True Heart/True Mind on our website, and speak to us about it. *Cost for this 4-day residential retreat including meals is \$495. \$85 registration deposit. Some scholarship help may be available.*

The Broken Mirror of Prophecy-- An anniversary tribute concert to Leonard Cohen Saturday, November 10, 2:00 -- with folk duo Timbered Lake and Paul Weiss at High Mountain Hall in Camden. Writings and songs of Leonard Cohen blended with original songs and poetry in tribute to him as artist and prophet -- close to the 2nd anniversary of his passing (which was the night before the November 2016 election).

The Heart of Healing: Breath, Smile and Touch -- Saturday, November 17, 10:00 - 4:00 Amidst our acquisitive, driven, stress-based, and non heart-healthy culture, breath, smile and touch are essential food for both the physical heart and the spiritual heart. The breath, the smile, and the touch are fundamental to our health as animals, as mammals, as humans, and as spiritual beings. They are central to an intricate pattern of feedback loops in the healthy life of the organism. They are three treasures of wellness -- the healing underbelly of our existence -- from which the complexities of modern life and worldly experience often separate us. In this workshop we will take the time to return to a deep and luxurious relationship to all three. We will deepen our understanding and our healing relationship to our own hearts. And we will explore different exercises that utilize all three as ways of healing our own physical or psychological pain as well as ways of extending healing to others. Cost: \$85

A Concert on the Solstice -- Friday evening, December 21 at 7:00 Inspiration for the season with folk duo Timbered Lake, and Paul Weiss. Location to be announced.

Ego or Essence. Stress or Presence? - Understanding and navigating the two paradigms of our psycho-physiological functioning January 12, 10:00 - 4:30 at Camden Whole Health, Camden, Maine We explore the psychology and the physiology of the integral mind/body ego complex that has a basic dualistic and stress-based orientation to the world. And we contrast it with the psychology and physiology of an essence-based or presence-based mode of functioning that allows for awareness rather than judgment, genuine emotion rather than drama, intimacy rather than projection and separation, and radiance rather than contraction.

We will examine these from spiritual, psychological, and brain science points of view, including the wiring of our four-part brain; the psychophysiology of the stress response; the mechanisms of projection, identification and drama; the impact of trauma; and the natural maturation of the ego, in which the "I" gradually replaces the "me." Above all, we will explore the pathways of conscious human development and *conscious neural recircuiting* that enable our natural evolution towards our innate being, and our mature and intimate functioning with each other and with the world. Cost: \$85.00

Compassion, Integration and Healing -- & the Tibetan Practice of *Tonglen*. January 13, 10:00-5:00 at Camden Whole Health in Camden, Maine In this workshop we will experience and practice a basic principle of the heart that allows it to assert its own primal power over the instinctive reactions that shut it down. Drawing on the ancient Tibetan technology of *tonglen* practice, we will look at how to build our brave and tender capacity to stay present and to compassionately and effectively embrace our experience -- whether of the events and people around us or of the most subtle or painful movements of feeling within us. This is a workshop for practicing skills that will serve us in every area of life -- enabling our path of compassion, integration, and healing.

Illuminating Presence -- Our Winter Meditation Retreat - (January 17 - 20, Thursday evening through Sunday lunch) A meditation retreat gives us an opportunity to offer ourselves to "being here." And to let the underlying spaciousness of our being shine its way through the busyness of the mind. If you want to give yourself a winter gift that allows you to find a balance of intensive meditation and quiet re-

flective time – with teachings and practices that support your cultivation of stillness, insight, and compassion – then please join us for our January residential zen retreat. Illuminating Presence -- simply being present for our arising experience and illuminating it with our awareness -- is the subtlest and most essential practice in both the *zen* and the Tibetan *dzogchen* traditions. This retreat will offer support and practice -- and even playful exercises and systematic techniques -- for enlarging our capacity for illuminating presence. Our annual retreat provides coherent support for your practice, whether you are experienced or a beginner.

Our days together begin at dawn with the simple and profound ceremony of tea in the meditation hall. The schedule offers 8½ hours of meditation a day, including silent and guided group sitting, walking meditation, chanting, and dharma talks; with individual instruction as desired. All balanced with relaxed down time for rest or personal meditation, morning and afternoon qi gong exercise, and delicious food.

Those unable to begin Thursday may begin Friday evening at 7:00. Cost (including room and board): Thursday – Sunday: \$255.00 Friday – Sunday: \$195.00. \$65 registration deposit. (*Scholarship help available as needed.*)

The Mind and Body of Light - Qigong in Belfast, January 27 Stay tuned.

Taoist Healing, Taoist Magic -- our annual Taoist Qigong/Meditation retreat Residential March 22-24 (Friday 7pm - 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.)

Current Weekly Classes

Bringing Meditation Into Our Life -- A Monday Evening Meditation Class: 7:00 - 8:15, and hall open for silent meditation beginning at 6:30pm. Meditation makes an essential contribution to our emotional and cognitive development as human beings. 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. It 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.

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. (by donation)

Keeping Our Energy Flowing -- A Friday Morning Qigong Class: 8:00 - 9:15, and hall open for meditation at 7:30am. A weekly tonic for body, mind, breath and spirit,

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