

Health and Spirit in the New Year
The Whole Health Center (since 1981)

Here's a quick review of our Winter-Spring schedule.

Check our 2018-19 schedule and other online postings for more detailed descriptions of programs. Or please call or email us with any questions, or for registration. A \$35. registration deposit (or as noted) may be sent for any workshop to our address below. If scholarship help is needed, please speak to us about it.

January 12 and 13

Exploring the Deeper Human - at Camden Whole Health, 91 Main Street, Camden --

In these two experiential programs, we bring together modern psychology, brain science, and the teachings of the wisdom traditions to create a map of human development that points the way to personal and spiritual growth:

1.) January 12, 10:00 - 5:00

Ego or Essence The Saturday program, *Ego or Essence*, contrasts the projections and dramas of the ego with our underlying capacity for intimacy and presence. It describes the psychology, physiology, and neuroscience of each, and shows how we can consciously rewire our own circuits from one to the other.

2.) January 13, 10:00-5:00

Compassion, Integration and Healing -- and the Tibetan Practice of Tonglen.

This related Sunday program, *Compassion, Integration, and Healing*, focuses on the heart and the emotions, how they are wired, and on how we can keep open the circuits of empathy and compassion -- for ourselves and for others -- even in painful circumstances. And it teaches the broad, practical, and therapeutic application of an ancient Tibetan technique called *tonglen*.

Cost for above 2 workshops is \$85 for either; \$145 for both.

January 17 - 20, (Thursday evening through Sunday lunch)

Illuminating Presence -- Our Winter Meditation Retreat 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.)

Saturday, January 27, 10:00 - 4:30

The Mind and Body of Light - Qigong at the Belfast Dance Studio In this workshop, suitable for both beginners and advanced students, we will carefully explore the simplest movements of qigong as opportunities for training the mind to: *relax and empty itself of limiting images, *expand its field and horizon of awareness, *become one with the field and flow of body, energy, and movement, *and to become transparent to a joyful and healing field reality of consciousness and light. Cost: \$85.

February 8 - 10 (Friday evening through Sunday lunch)

Compassion, Integration and Healing -- A Tonglen Retreat The principles and the techniques of the Tibetan Buddhist meditation practice of *tonglen* (*which means giving and receiving*) go to the heart of what activates us. Of what shuts us off from others or from ourselves -- even from life. Or of what allows us to open, heal, and enlarge our field of living and feeling -- embracing more of our experience, and with more compassion and empathy for others and for ourselves.

This relaxed but focused retreat format offers us the time, the support, and the safety to systematically learn this meditative art of embracing our own issues of difficulty or pain (old and new) as well as the pain of the world or of our loved ones. And then to gently open into a more integrated sense of presence, a wider field of compassion, and a greater capacity for healing and responding. Let us know if scholarship help is needed.

Cost \$195.

March 22 - 24 (Friday evening through Sunday lunch)

Taoist Healing, Taoist Magic -- our annual Taoist Qigong/Meditation Retreat

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 program. This relaxing and energizing residential retreat will include a balanced and nourishing daily schedule of qigong, healing meditations, good food, rest, focused study, and magic.

Cost: \$195.

Dates for our next True Heart, True Mind Intensive in late spring will be announced shortly.

Current Weekly Classes

Meditation and the Wisdom Traditions -- Bringing Meditation into Our Life --- A Monday Evening Meditation Class: 7:00 - 8:15, and hall open for silent meditation beginning at 6:30pm.

Classes resume January 14 with the added element of referring to the world's wisdom traditions, east and west, exploring their contributions not only to the meditation process, but also to a deeper consideration of what we are as human beings. But always with the intention of encouraging and attuning our own personal meditative practices of growth and awareness.

Meditation makes an essential contribution to our emotional and cognitive development as human beings. 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. (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. \$15. or donation

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