

Speaking and Listening from the Heart

using the *True Heart, True Mind* process



**A powerful and moving way to connect
to ourselves and to each other**

**2nd Saturday of every month, 9:30am - 1pm
at The Whole Health Center, Town Hill**

January 11, February 8, March 14, April 11
followed each time with a community lunch

**Join a growing community of old and new friends
taking this monthly time from our too distracted lives
to practice genuine connection and integration.**

This is communication as spiritual practice. And our structured practice together - in dyads and in circle -- supports us in shining the light on our own reality and on our own process of communication -- as together we find the way into the voice of our authentic selves and our capacity for deep listening.

And we see how, miraculously, two people sitting together -- with the same intention to be true to themselves and to recognize each other -- can bring themselves to a level of comfort and safety that allows for deep attention, love, freedom, and true seeing.

Each Saturday morning includes meditation, dyad communication exercises, circle integration, and a community meal. And a great depth of intimate laughter and connection.

**Let us know if you can join us.
Call 288-4128 or email info@thewholehealthcenter.org
no charge, donations welcome**

facilitated by Paul Weiss, who has been facilitating *True Heart, True Mind* for 36 years