

The Whole Health Center
Spring 2010 Schedule
www.TheWholeHealthCenter.com

January 23: Qi Gong: Opening a Window on the Infinite
at the Belfast Dance Studio, **Belfast**, Maine, Saturday, 9:30 am – 4:00 pm

In this workshop we will explore the ancient movement art of qi gong as a path of releasing our limited perceptions of ourselves and our bodies, and of re-experiencing the graceful and infinite dimensions of our being. Working intimately with the breath, gentle movement, awareness, and visualization, we will learn to release the unconscious imagery and assumptions that keep the experience of the self separate and finite, and the experience of the body dense and contracted. We will begin to move in ways that allow our bodies and our minds to become transparent to, and coherent with, the wider energetic fields of life and of spirit out of which we are born.

Cost: \$85

January 29-30: Foundations of Spiritual Psychology
at Living Water Spiritual Center, 93 Halifax St., **Winslow**, Maine 04901

This foundational retreat is part of our training program in spiritual psychology offered to therapists and health and mental health professionals. It provides 14 CEUs. For complete details, see the sidebar Foundations of Spiritual Psychology on our website: www.thewholehealthcenter.com. Or call us.

Also on January 30 and again on March 6: Writing for Self Discovery
with Bettina Dudley at The Whole Health Center, **Bar Harbor**, 9:30 am – 4:00 pm

This workshop is part of an ongoing series designed to use writing as a tool to help us have a truer sense of who we really are, working with an engaging variety of writing exercises to free ourselves from the internal judge, editor, and critic that block us from writing our truth.

Cost: \$65

February 11-14: Silent Illumination: Buddhist Meditation Retreat
at The Whole Health Center, **Bar Harbor**, Maine; Thursday evening through Sunday lunch

This is our annual residential winter zen meditation retreat, held in semi-formal tradition with eight hours of meditation a day, including group sitting, walking meditation, chanting, and formal early morning tea service. It offers practiced meditators support for serious retreat and extra meditation, while offering beginners ample instruction, relaxed down time, and a chance to ease into the experience of sitting. The focus and the teaching this winter is on the zen practice of Silent Illumination, learning to deepen and expand our still, all-encompassing awareness of the present moment while relaxing reactivity and judgment. We encourage anyone, practiced or not, to take advantage of this rich opportunity to step beyond conventional life and go deeper into the experience of one's self in this unique setting that will gently push you and gently support you. Details and retreat schedule available on request.

Cost: \$245. (Participants may begin Friday evening for a cost of \$185 – although we encourage the longer retreat experience if possible.)

Wednesday, February 17: Natural Care of the Heart
at The Whole Health Center, **Bar Harbor**. Evening class 7:00 – 8:30 pm

We will review the contemporary epidemic of cardiovascular disease, and discuss the emotional, life style, and nutritional factors that may contribute to or alleviate cardiovascular distress. We will look at some of the risk factors and at some of the natural preventive or healing factors not always addressed in standard medical advice.

Cost: \$15

Wednesday, February 24: Metabolic Syndrome, Insulin Resistance, Weight Gain, and Diabetes Type 2: How to Get Them and How to Get Rid of Them

at The Whole Health Center, **Bar Harbor**. Evening class 7:00 – 8:30 pm

A look at the life style and dietary factors that contribute to this widespread problem, and a look at the dietary habits, whole foods, exercise, and specific herbs and supplements that can help to reverse this syndrome.

Cost: \$15

February 27-28: Jesus and the Path of Enlightenment

at the Vital Life Center, 100 West Main St., **Plainville, Connecticut (near Hartford)**;

9:00 am – 4:00 pm, Saturday and Sunday

Whether or not we are “Christian,” whether or not we have been attracted or repelled by the Christian church, whether or not we’ve embraced eastern or other paths of spirituality, the archetype of Jesus still shines its light, as well as its heavy shadow, over the course of western history. That shadow is cast by the original light coming up against the fear and shame-based patterns of the culture and of the ego; whereas Jesus came to change that paradigm and to inform the next stage of our evolution. In this workshop we will look beyond dogma and myth and cultural betrayal to the transformative heart of Jesus’ teachings. We will see how they take their place within world enlightenment traditions, how they speak to our own essential and enlightened capacity as human beings, and how they can inform our own spiritual practice.

Looking at sources outside the western church, and drawing on emerging scholarship and interpretation of the original Aramaic tongue of Jesus, we find a non-dual teaching of the integration of human and divine presence that goes to the depth of our emotional, psychological, and spiritual life. In so doing we will open a fascinating window on history, on our own psychological and evolutionary endowment as a species, and on the vital path of individual practice that each of us may take to transcend personal and collective conditioning and affirm a life of conscious loving presence.

We will gently assimilate the teachings in the course of two days of spiritual practice and integration together that will help us awaken common presence and bring the radical import of the teachings into our daily lives. Weekend training will include a number of meditation practices, as well as gentle qi gong movement exercises, which Paul teaches for clearing negative energy and for enhancing clear light energy in body, mind, and heart.

Cost: \$250. Early sign-up by February 5: \$200. (Saturday only \$150; or \$125 by February 5)

March 13: A Field Guide to Conscious Loving Presence

at Living Water Spiritual Center, 93 Halifax St., **Winslow, Maine**; Saturday, 9:30 am – 3:30 pm

Within the very field of our own moment-to-moment experience may be found the truth of our original nature and of our essential qualities, from which we are normally distracted. This workshop offers an introduction (based on the name of Paul’s forthcoming book) to the practices of the breath, of the awareness, and of the heart that Paul teaches for gently walking us into the experience of our own conscious loving presence.

Cost: \$45 (includes lunch). For registration (for this program only) call Living Water Spiritual Center at 207-872-2370.

March 19: Compassion, Integration, and Healing: Therapeutic Applications of Tibetan Tonglen Practice

at Living Water Spiritual Center, 93 Halifax St., **Winslow**, Maine 04901, 9:00 am – 5:00 pm

This is another offering in our Foundations of Spiritual Psychology training for therapists and health professionals. Provides 6.5 CEUs. Again, please see our website for details.

Cost: \$135 (includes lunch)

April 3: Awakening the Dance of Qi Gong

at the Belfast Dance Studio, **Belfast**, Maine; Saturday, 9:30 am – 4:00 pm

In this workshop we will study and practice new ways of inhabiting the body and focus on the principles of qi gong as elements in a language of dance. We will put together this dance “vocabulary” into a graceful choreography of movement and being. For dancers and non-dancers, this workshop will open new doorways for being in your body.

Cost: \$85

April 16-18: Return to Spring – A Taoist Qi Gong Meditation Retreat

at The Whole Health Center, **Bar Harbor**; Friday evening to Sunday at 4:00 pm

Winds from the east, the roots come alive, and the body blossoms into spring. In this residential retreat we’ll actively join with that process, shaking off the sludge of winter, gently cleansing the liver, welcoming the spring rush of energy along the river course of the body. With movements, meditations, massage, teachings, and nourishing food, all designed to support each of us in being more conscious and loving participants in our own journey of balance, growth, and healing.

Cost: \$185

AND, coming in May or June: a **True Heart, True Mind Intensive** with guest master Joseph Rubano. Stay tuned.