



True Heart/True Mind

with guest master Joseph Rubano

June 3 – June 7

At the Whole Health Center, Bar Harbor

This is our first True Heart/True Mind Intensive in decades not facilitated by Paul Weiss. Instead, Paul is overjoyed to invite his dear friend and colleague, Joseph Rubano, to give this program while Paul takes charge of the kitchen. Joseph, a great poet and teacher after Paul's own heart, is the only other person offering intensives under the name True Heart/True Mind. Some of you know Joseph from the years that he spent assisting Paul with intensives here, or when he has offered Stone Lodge ceremonies in Maine. Paul is excited that others will now get a chance to experience Joseph's rich spirit, depth of heart, and mastery of the Intensive process.

True Heart/True Mind is an occasion for those willing to let their soul's search for truth and self-realization become their ruling passion for these several days. Integrating contemplation and communication, and free of all dogma, it is a greenhouse that fosters our own spiritual journey, and promotes an awakening no different than that spoken of in all the enlightened spiritual traditions. Please see our website section on True Heart/True Mind if you are not already familiar with the program.

About the June retreat Joseph writes: "Here we practice speaking straight, listening openly, and being as real as we are. It is remarkable what happens – how the pure gold and beauty of being human rises to the surface and shines as soft or radiant light. It is remarkable because there is no guru, no master teacher or master teaching – we are each teacher, and what is revealed through us is the teaching. Our combined intention, attention, and willingness to be open to the truth of the moment, and our courage to communicate it moment to moment, creates a living vessel for grace to enter. And it does.

"We will stay over Sunday night and let the experience continue to ripen and do an integration morning on Monday, which includes meditation, writing, drawing, and sharing. This last morning brings many unexpected gifts and helps us to make a bridge into the everyday world we are about to return to."

Total cost for this residential retreat is \$485. To register, please call or email us (if you're new, we want a chance to talk, and you probably have questions too.) An \$85 deposit is required. Some scholarship help may be available. Register early. After registration further logistical information will be sent to you. Feel free to call us at 207-288-4128, or reach us at info@thewholehealthcenter.com.