

THE FLOWERING

OF INNER AFFECTION

(Working with Anger, Self-Hatred and Self-Love in Meditation)

A Silent Weekend Meditation Retreat

With

Gavin Harrison

At Malama I ka Ola (Holistic Health Centre), Holualoa Village

Friday, August 15, 2008 (6 to 8:30 p.m.)

Saturday, August 16 (9 a.m. to 6 p.m.)

Sunday, August 17 (9 a.m. to 3:30 p.m.)

"It is the birthright of all of us to live an unfractured life, where our essential goodness beautifies every aspect of who we are, bringing to a conclusion the patterns of self-crucifixion, division and harshness that tear the heart apart. It is impossible to love unconditionally and without limit until all movement of inner conflict and self hatred have come to rest. This retreat will a focus upon the energy of anger and rage..... and the birthing of love, compassion and kindness expressed both inwardly and outwardly. "

A weekend non-residential silent retreat for both beginning and experienced meditators.

Sitting and walking meditation instructions will be offered along with talks and opportunities for discussion and inquiry together. Gavin will be available for personal meetings over the course of the weekend. Meditation experience is not a pre-requisite. A commitment to fully participate throughout the weekend is required. The retreat is non-denominational and open to those of all spiritual traditions. Meals will not be provided; however many of us will be eating together in silence at the nearby Holuakoa Café.

Gavin lives on the Big Island of Hawaii and has practiced Buddhist Insight Meditation for 27 years and has taught internationally. He has a deep interest in finding ways to bring ancient teachings alive in accessible and authentic, ways within the circumstances of our time. Gavin's teachings also draw from the Sufi and Christian mystical traditions. He is the author of "In the Lap of the Buddha" and a recipient of the "Unsung Hero of Compassion Award", presented to him by H. H. the Dalai Lama for "kindness and quiet dedication to others."

The teachings are considered priceless and are offered freely.

Gavin gratefully accepts donations to help cover his everyday living expenses

Pre-register by sending a check or money order for \$60 (made out to "cash") to: 75-5621 Mamalahoa Highway, Holualoa, HI 96725. Please include your telephone number and e-mail. The registration fee covers retreat costs and scholarships only. Along with your registration confirmation we will include information about what to bring, directions, the retreat schedule and the suggested donation for Gavin.

For further information:

www.gavinharrison.net

or contact :

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