

Deepening a spiritual practice of liberation

A Silent Weekend Meditation Retreat

With

Gavin Harrison

AT MAUKA MIST CENTER, ABOVE HOLUALOA

Friday, July 10 (6 to 8:30 p.m.)

Saturday, July 11 (9 a.m. to 7:30 p.m.)

Sunday, July 12 (9 a.m. to 3:30 p.m.)

"A spiritual practice of liberation is fundamentally concerned with one thing only: awakening to our true nature, that which is always and already present. Fundamental to the recognition of this deepest truth of who we are is a flowering of the capacity of heart and mind to be with things as they are, without argument or demand that they be different. This is the end of seeking, argument and struggle.

This is "that peace which passeth all understanding."

A weekend, residential and 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.

Soup and bread will be offered on Saturday evening. Other meals will not be provided.

Gavin lives on the Big Island of Hawaii and has practiced Buddhist Insight Meditation for 28 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 \$70 (made out to "cash") to: P.O. Box 247, Holualoa, HI 96725. 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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