

Gainesville Vipassana Society



Opening to Life Events

Insight (Vipassana) meditation is a practice of noninterfering observation. It reveals that Awareness is not an object of experience, but rather an untraceable essence that is presenting itself in and through each and every experience that is occurring. Through guided meditation instructions, dharma talks, inquiry and small group meetings, these residential support “opening to life as it truly is.”

The resulting unfettered simplicity is reminiscent of childlike wonder, yet now it is somehow more fully capable of knowing and being itself through all that is happening. Together in this, the nature of consciousness, the beauty of love and the unfolding mystery of existence all come forth as gifts to be realized and lived.

Oct 8-12, 2012 • Franciscan Center, Tampa, FL

(Check-in at 10AM Wednesday, ending mid-afternoon Sunday)
Complete directions will be sent with confirmation of registration.

Registration and cost: **\$370** for a shared room or **\$410** for a private room for the five day retreat. Please register with a check or money order made out to GVS, Inc. and send to 5811 NW 31st Terrace, Gainesville, Florida 32653. Please indicate which retreat(s) you are registering for. The cost includes four nights lodging and vegetarian meals. All rooms have private bathrooms and include linens, blankets and towels. Donations for the teachings may be given at the end of the retreat. Confirmation and directions will be sent via email or regular mail. Full refund if canceling three weeks in advance, no refund if less than a week.

Facilitator: Paul Linn is the co-founder of GVS, Inc., and has been involved with insight meditation and dharma teachings for 30 years. A psychotherapist and teacher, he offers seminars and retreats throughout the US mainland and Hawaiian Islands. His teaching style facilitates the immediacy of Awakening as ordinary, direct and inherent. Realization emerges as notions of path, practice and acquisition dissolve into clearly seeing that nothing is missing and nothing need be removed from ongoing completeness.



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To sign up for GVS email go to
www.integralgainesville.org/gvs/