

Gainesville Vipassana Society



'Opening to Life' One day event



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 presencing itself in and through each and every experience that is occurring. Through guided meditation instructions, dharma talks and inquiry, these events 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.

Saturday January 16, 2010
9am to 5pm

22251 NW 75th Avenue-Road, Micanopy, FL
casamicanopy.com

Registration: Please contact Ibbey at icondit@gmail.com or phone 352-371-2860

Please bring an offering for pot luck lunch. Donations for the teachings and for use of the facility may be given at the end of the retreat.

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.

GVS retreats at the Franciscan Center, Tampa
March 19-21, October 8-10 and December 3-5, 2010

GVS, Inc.

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