

Gainesville Vipassana Society



Insight (Vipassana) meditation is the art of noninterfering observation. It reveals that Awareness is not an object of experience, but rather an untraceable essence that is appearing in and through each and every experience that is occurring. Through guided meditation instructions, dharma talks and inquiry, this day of meditation supports “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 recognizing itself through all that is happening. Together in this, the nature of openness, the beauty of love and the unfolding mystery of existence all come forth as gifts to be realized and lived.

June 10, 2017 • 9:30 am - 4:30 pm • Casa Micanopy, Micanopy, FL

Registration and cost: \$20 suggested donation for use of Casa Micanopy; pot-luck lunch provided by participants. Please register with GVS Inc., at paullinn109@gmail.com. Donations for the teachings may be given at the end of the day. Confirmation and directions will be sent via email. Please bring your preferred cushions or zafus for sitting. A limited number will be available at Casa Micanopy.

Facilitator: Paul Linn is the co-founder of GVS, Inc., and has been involved with insight meditation and dharma teachings for 40 years. A psychotherapist and teacher, he offers seminars and residentials 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.

**Additional Residentials:
October 13 - 15, 2017**

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