



Four of this, Eight of that, Five of this, Seven of that: The Buddhas path to mental wellness.

July 20 17:00 – 26 11:00, 2018

With Grahame White

Palolo Zen Center, Honolulu, Hawai'i

In our everyday life, we often find that there is mental agitation, upheaval, and conflict. To come out of this, the Buddha advised that we try our best to walk the path that he discovered under the Bodhi Tree. He offered advice and encouragement for us to achieve our goal of mental wellness. This course will explore the many useful practices, in meditative terms, given by the Buddha. Topics will include: The four foundations of mindfulness, the noble eightfold path, the five powers and, the seven factors of enlightenment

This course will be suitable for both beginners and those with more experience – All are welcome!

To register online please visit

<https://vh1220.z2systems.com/np/clients/vh1220/eventRegistration.jsp?event=199>

The retreat will be hosted by [Palolo Zen Center](#), which offers simple, dormitory accommodations in a green, natural setting. Options for the retreat are residential and non-residential. Single rooms are not available. NO Weekend-only participation is offered. Space is limited. Register now.

Admission: \$625.00 Residential with meals
\$575.00 Nonresidential with meals



Grahame White has been involved in Buddhist meditation practice for over 40 years. He began his study in England in 1969 before being ordained as a Buddhist monk for one year in BodhGaya, India in 1971. He took a primary role in the establishment of Vipassana meditation in the tradition of Mahasi Sayadaw in Australia and co-founded the Blue Mountains Insight Meditation Center outside Sydney. Now, Grahame leads introductory and day long courses in Sydney and regularly teaches longer intensive retreats in the US. Grahame has been leading

and co-teaching retreats with Sayadw U Lakkhana, Steven Smith, and Michele McDonald, as well as helping to guide the Hawai'i sangha in its ongoing practice. He has also helped pioneer a workshop format that enhances the transfer of mindfulness from the formal sitting practice into daily life. Grahame returns to Myanmar (Burma) each year in order to deepen his practice and study of the Buddha's teachings and at times assist in the teaching of Vipassana retreats for foreigners. Grahame teaches a classical tradition of insight meditation with a relaxed, accessible style.