

# The Path to Mindfulness

## Finding the Silence Within

A DAY OF MINDFULNESS

with Gregory Pai, PhD

Meditation Teacher, Broken Ridge Korean Temple, Oahu

Saturday, September 28, 12:30 to 5 p.m.

Honoka'a Hongwanji Social Hall

Free and open to all.

Come to that place of silence and stillness within ourselves as we open our hearts and minds to the truth of who we really are. Discover the stillness of mind that opens the door to deep awakening and feel the peace of a quiet and tranquil mind.

Experience four sessions of guided sitting and walking meditation, followed by a Dharma discussion with Questions & Answers.

To pre-register send email to  
[honokaamindfulness@gmail.com](mailto:honokaamindfulness@gmail.com)  
or call 808-775-1064.

Please register early – space is limited.  
Light refreshments will be served.

A Day of Mindfulness is free, and donations, or Dana, as offerings of generosity and gratitude for the teachings, will be gratefully accepted.

*This event is part of the Parade & Festival for the United Nations International Day of Peace, produced by the Peace Committee of Honoka'a Hongwanji Buddhist Temple. [PeaceDayParade.org](http://PeaceDayParade.org) and [HonokaaHongwanjiBuddhistTemple.org](http://HonokaaHongwanjiBuddhistTemple.org)*

Gregory Pai, PhD, has practiced meditation since the 1970's, in the Tibetan Buddhist, Zen Buddhist, and Vipassana or Insight Meditation traditions. His teachers include Chogyam Trungpa Rinpoche, Robert Aitken, Jon Kabat-Zinn and the Spirit Rock Meditation Center. Dr. Pai has taught at Kahi Mohala, Tripler Army Medical Center, and Queens Hospital, the Hawai'i prison system, and the UH Center for Alternative Medicine. He also served in the administration of Governors Cayetano and Waihe'e. Currently, he teaches a weekly meditation class at the Korean Temple in Palolo Valley.

