

Mindfulness, Meditation, and More.....a seminar on Self-Healing and Recreation

Gavin Hamnett

June 7, 2017



Saturday, June 24th, Massena House, Barrytown, NY. 9:30am to 5pm.

Facilitated by Gavin Hamnett, MS, MRE, CASAC

Please contact Gavin at GHamnett@gmail.com or 845 532 8336 to register

Cost – \$55, snacks provided; bring your lunch or head into town

The seminar will:

show a practical map of the Self, centered on an ever present Original Mind


show human healing as a celebration of innate resources and the opportunity to develop an already existing whole self.

show the different types of wounding that happened in our development, including how we accommodated the various obstacles and hurts by fragmenting our consciousness in various trance-like states: states with very limited awareness. Long held as habitual neural networks in the brain and body, these fragmented states of consciousness perpetuate both our illusory sense of wounding, and the limiting behaviors that follow.

focus less on content or historical origins, but instead invite learning to shift into a more expansive, loving preferred state, the Ideal Self.

show an orientation towards wholeness and resources, as opposed to pathology.

Please share



Mindfulness, Meditation, and More.....a seminar
on Self Healing and Recreation: Saturday, June 24th,
Massena House, Barrytown, NY. 9:30am to 5pm.

Facilitated by Gavin Hamnett, MS, MRE, CASAC

Please contact Gavin at GHamnett@gmail.com or 845 532 8336 to register

cost - \$55, snacks provided; bring your lunch or head into town

The seminar will:

- show a practical map of the Self, centered on an ever present Original Mind
- show human healing as a celebration of innate resources and the opportunity to develop an already existing whole self.
- show the different types of wounding that happened in our development, including how we accommodated the various obstacles and hurts by fragmenting our consciousness in various trance-like states: states with very limited awareness. Long held as habitual neural networks in the brain and body, these fragmented states of consciousness perpetuate both our illusory sense of wounding, and the limiting behaviors that follow.
- focus less on content or historical origins, but instead invite learning to shift into a more expansive, loving preferred state, the Ideal Self.
- show an orientation towards wholeness and resources, as opposed to pathology.