

WHAT A TIME TO BE ALIVE

The Intelligence of Interbeing
and the Politics of the Heart

THE DHARMA PRACTICE OF BHÁVANĀ –
THE BEAUTIFICATION OF CONSCIOUSNESS

The Art of Finding Liberation Through Living
A Deep Náture, Yoga and Meditation Retreat in Ha'íû, Maui

With Alan Clements & Kelly Day

Saturday, December 13th, 2025

12 noon to 5:00 PM | Offered Freely by Donation

Also offered via ZOOM WORLDWIDE

Also Featuring the Worldwide Launch of Alan Clements' Newest Book:
Politics of the Heart: Nonviolence in an Age of Atrocity – Psychedelic Activism

With Alan Clements & Kelly Day
Saturday, December 13th, 2025
Alchemy Gardens –

1949 West Kuiaha Road, Haiku Maui, HI
12 noon to 5:00 PM | Freely Offered by Donation

Email “Maui Gathering” contact@worldddharma.com

Also offered via ZOOM WORLDWIDE, [register here](#)

Also Featuring the Worldwide Launch of Alan Clements' Newest Book:

***Politics of the Heart: Nonviolence in an Age of Atrocity —
Psychedelic Activism to End War***

RETREAT OVERVIEW

This one-day sacred gathering invites participants into a living sanctuary of silence, embodiment, and sacred presence—an opportunity to deepen the intelligence of interbeing, mindful awareness, and spiritual authenticity.

Rooted in the wisdom of *Bhāvanā*—the inner cultivation and beautification of consciousness—this retreat blends the art of interbeing, insight meditation, yoga, earth communion, and the *World Dharma* teachings of Alan Clements with the somatic wisdom and grace of Kelly Day.

Together, in community, we explore how the politics of the heart begins within—through the daily practice of transforming perception, embodying conscience, and living as love in action—remembering what it means to be fully human: awake, engaged, and present.

THEMES & PRACTICES

- ***Vipassana* Meditation & Mindful Awareness:** Guided meditations with Alan Clements—cultivating insight (*vipassanā*) as the direct seeing of impermanence and intimacy, awakening the quiet revolutionary intelligence of interbeing through presence itself.
- ***Dharma* Yoga & Somatic Movement:** Gentle, intuitive yoga and breathwork led by Kelly Day to open the body, center the heart, and soften the armoring of the nervous system.
- ***World Dharma* Dialogues:** Interactive teachings exploring liberation through living, the beauty of conscience, and the courage to remain radically human in a fractured world.
- **Sacred Nature Immersion:** Time in silence with the land—allowing nature’s rhythms and wisdom to deepen your communion with presence and clarity of being.
- ***Mettā* (Loving-Kindness) Meditation:** Cultivating compassion and goodwill toward oneself and others—healing the heart and widening the horizon of care.
- ***Bhāvanā* — The Beautification of Consciousness:** Practices that nourish discernment, resilience, and clarity of heart-mind in daily life and creative service.
- **Creative Integration & Journaling:** Optional guided self-reflection and shared dialogue to harvest and embody the insights of the day.



PRACTICAL DETAILS

- **Date:** Saturday, December 13, 2025
- **Time:** 12:00 noon – 5:00 PM Gate opens at 11:15 am; ample onsite parking.
- **Location:** *Alchemy Gardens* 1949 West Kuiaha Road, Ha‘ikū, Maui
- **Cost:** Freely offered to the Community by voluntary donation.
- **Request to Attend/ Registration:** To request attendance, email your full name, address, phone number, and email to *Alan Clements* at contact@worldddharma.com with “*Maui Gathering*” in the subject line. If you plan to attend with friends or family, kindly include their full details as well. Please register only if you are genuinely committed to participating, as the gathering will be limited to 30 attendees. A confirmation of your registration will be sent within 48 hours. If you have any questions, you’re welcome to include them in your message.
- **What to Bring:** A sitting cushion, a notebook and pen for reflection, and any nourishment or snacks you’d like to share or enjoy.
- **TO attend the Maui Gathering via Zoom, [register here:](#)**

ABOUT THE FACILITATORS

Alan Clements is an internationally acclaimed author, journalist, activist, spoken word performer, and former Buddhist monk in Myanmar. He co-authored *The Voice of Hope* with Myanmar's imprisoned Nobel Peace Laureate Aung San Suu Kyi, and is the author of *Instinct for Freedom, A Future to Believe In, Conversation with a Dictator, Unsilenced*, and his latest work, *Politics of the Heart: Nonviolence in an Age of Atrocity — Psychedelic Activism to End War*.

His *Dharma* offerings—rooted in mindful intelligence, moral imagination, and the lived art of interbeing—illuminate the courage of sacred activism, the awakening of conscience, and the timeless freedom found through embodied awareness. WorldDharma.com

Kelly Day is a gifted yoga teacher and somatic practitioner devoted to cultivating presence, compassion, and embodied awareness. Her work bridges mindfulness, movement, and relational healing, guiding others toward a grounded reconnection with body, heart, and Earth.

For the final decade of his life, she was honored to serve Ram Dass daily, an experience that deepened her understanding of devotion as a lived practice — compassion expressed through care, humility, and love in action.

A longtime resident of Maui and caretaker of the land, Kelly lives her teachings with quiet grace. Through her trauma-informed and heart-centered approach, she helps others rediscover the innate wholeness that arises not from striving, but from remembering our belonging to life itself.

AN INVITATION TO SLOW DOWN

To breathe. To listen. To feel.

To rediscover the beauty of your own awakened conscience.

To remember that freedom is not elsewhere—

It is here, in this moment, where the heart meets the world.

Who Should Attend

The Wisdom of Mindfulness and the Intelligence of Interbeing: A World Dharma Retreat is for those who seek depth, clarity, and transformation—drawn to the art of improvisational presence over performative authenticity, where practice becomes a living theatre of truth rather than a performance of virtue.

Here, we explore the psychedelic dimensions of awareness itself—the dissolution of conditioning through the alchemy of life, death, and renewal. Together, we inquire into how illusion sustains itself through fear, conformity, and silence—and how awareness breaks the spell to reveal our shared belonging.

There will be time for questions, dialogue, and mutual inquiry, with all voices welcomed in the spirit of respect and awakening.

This retreat is especially valuable for:

Therapists & Practitioners — Clinicians, coaches, psychologists, somatic therapists, and yogis wishing to deepen their own practice and bring mindful intelligence to their work.

Teachers & Guides — Meditation instructors, mentors, and facilitators from any contemplative or psychological tradition seeking fresh perspective and embodied renewal.

Activists & Caregivers — Human rights advocates, social workers, and hospice companions on the frontlines of suffering, looking for tools of resilience, clarity, and heart-centered service.

Creative & Spiritual Explorers — Artists, poets, seekers, and engaged Buddhists inspired to explore consciousness and live more fully in alignment with freedom.

Mavericks, Misfits & Rebels — The edge-dwellers and truth-seekers who question convention and dare to live authentically in a fractured world. This is a sanctuary for the fierce and tender—to be challenged, to shed, and to rise renewed.

Those Facing Life's Ultimate Thresholds — For anyone navigating life-threatening or terminal conditions, this retreat offers a sacred space to meet mortality as teacher, where awareness transforms fear into presence and presence into love. We also welcome mindful dialogue on the ethical and spiritual dimensions of psychoactive or entheogenic substances—not for practice, but for understanding—their role in healing, insight, and awakening. Here, we honor the full arc of existence—birth, death, and the mystery between—as one continuous movement of the heart.

All are welcome. Come as you are. Leave more awake. More human. More yourself.

“Awakening World Dharma rests upon a basic recognition that life experience is our greatest teacher and therefore our genuine source for spiritual awakening. It is awareness that liberates—not a teacher, nor a doctrine, nor a form.” — Alan Clements

“Alan’s life is material for a legend. An intellectual artist, freedom fighter, and former Buddhist monk, he shares his insights with a passion rarely seen—and even more rarely lived. He makes you think and feel in ways that challenge your entire way of being.” — Catherine Ingram, author of *In the Footsteps of Gandhi* and *Passionate Presence*

“One of the most important and compelling voices of our time... Alan Clements is a riveting communicator—challenging and inspiring. He articulates the essence of courage and leadership in ways that stir people from all sectors of society into action. His voice is not only a great contribution during these changeful times—it is a needed one.” — Jack Healey, former Director of Amnesty International and Founder of the Human Rights Action Center