

# Gratitude: A Path of Awakening

Lecture and Talk Story with Rev. Dr. Kenji Akahoshi

August 12, 2024 6:00 p.m to 8:00 p.m.

Makawao Hongwanji Buddhist Temple  
1074 Makawao Avenue, Upcountry Maui

LIVESTREAM added!  
Watch live on  
Facebook, YouTube,  
and  
[makawaohongwanji.org](http://makawaohongwanji.org)!

A 21st century interpretation of Shin Buddhism, the largest sect in Japan, reveals an effective and easy method of resolving life issues amid a hectic American life: the practice of Gratitude.

Meditation and Mindfulness have been proven to be effective practices that has enriched the lives of many Americans. Now, learn how gratitude, a central practice of Shin Buddhists, can shift how we view life from despair to joy.

Rev. Dr. Kenji Akahoshi is an ordained priest of Jodo Shinshu Hongwanji-ha, a retired temple minister, a retired dentist, and holds a Master's degree in transpersonal psychology.

Everyone is welcome to join this unique opportunity to learn the practice of Gratitude in the Shin Buddhist tradition.

Presented by the Hongwanji Temples of Maui

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