



JULY 2009 (Bi-weekly Schedule)

2 Thu

Knowing Your Identity In Crisis

A Sharing by Derek Tang

As city dwellers, we take on multi-faceted identities as child, sibling, employee(r), friend, parent, coworker, consumer... and the list goes on. Which, then, is our true self? Will we still have the clarity of mind to see our true selves and be at ease with it when we encounter crises in life?

In decoding the thinking processes of people, Derek will explain how we can solve life's problems with a creative and solution-enriched mind.

16 Thu

Dharma@Cinema: School Days with a Pig (Strictly by registration only)

A movie screening and sharing by Shen Shi'an

Based on a controversial true story that swept across Japan, a rookie primary school teacher suggests his students to raise a pig before eating him, so as to learn 'the real connection between life and food.' The students name their piglet P-chan and together they overcome problems faced when taking care of him. After a year of devotion showered on P-chan, they find themselves debating to decide the fate of P-chan. What should they do and what will they do? Come and see this touching and thought-provoking story!

30 Thu

Corporate Zen: How Meditation Works in the Workplace

A Workshop by Alan Lim

Tick all that applies to you in the office:

- A hawk-eyed boss
- Screaming deadlines
- An overflowing in-tray
- 1,337 unread emails
- Gossip-mongering colleagues

If you ticked three or more of the above, coming to this workshop is mandatory. Alan Lim will impart meditation-based techniques to help busy professionals like you rise up to the everyday demands of the workplace while keeping their cool and sanity.

VENUE

All sessions are held at

Awareness Place [Well-Being] Centre, Blk 231 Bain Street, Bras Basah Complex, #03-39
(Beside the National Library, nearest MRT station: City Hall)

TIME

7.30pm – 9.30pm

REGISTRATION

To register, EMAIL wSDP@kmspks.org, CALL 6849 5346 or SMS 8100 3587

ABOUT THE SPEAKERS / FACILITATORS

Derek Tang - As the Honorary Secretary of Lejia Society, Derek has a rich operational background in human behavior and speech profiling. He also delivers Neuro-Linguistic Programming training to government personnel both in Singapore and overseas, specializing in criminal behavior analysis, personality analysis and personal coaching.

Shen Shi'an was one of the founding members of KMSPKS Monastery's Dharma Propagation Division in 1997, with experience in web, library and event management. With an MA in Buddhist Studies, he serves as a Dharma Trainer in the Community Development & Training Department. He also runs moonpointer.com, a blog that promotes creative Dharma sharing, and TheDailyEnlightenment.com, an inspirational e-newsletter with 26,000 members.

Alan Lim Eng Hong came across Dharma Drum Mountain, a Mahayana Buddhist organization at the age of 33 and he practiced and benefited from the Silent Illumination Meditation Method taught by its founder, Zen Master Sheng Yen. Besides working as a Business Development Manager in a local company, Alan conducts meditation classes to prison inmates as a DDM-certified meditation instructor. He also teaches Corporate Relaxation, which helps executives achieve high work productivity while remaining calm and composed at all times.

Gradually, as you remain open and mindful, and use a technique to focus your mind more and more, your negativity will slowly be defused; you begin to feel well in your own skin, or, as the French say, *tre bien dans sa pea* – Sgyal Rinpoche, from Glimpse of the Day

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| Zen Drum Club | Discover your inner rhythm and calm with each drum beat |

| 6849 5346 | youth@kmspks.org | kmspks.org/youth |

Youth Ministry, Kong Meng San Phor Kark See Monastery

To view the above details, visit www.kmspks.org/youth/wSDPjul09.pdf

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