

*w*s*d*p presents

Y_Cultivation



Workshop on Loving-Kindness Meditation By Venerable Chuan Ren

(5th Run)

The power of Metta (the pali word for “loving-kindness”) enables us to have loving-kindness for ourselves and towards all sentient beings. Those who cultivate Metta will be at ease, enjoy a sense of well-being and improve our concentration. This in turn makes people around us let go of any ill-will. Metta is also an antidote to insomnia and nightmares. Hundreds of participants have benefitted from past workshops. Be empowered and change your life!

Past participants are welcome to continue your practice with Ven Chuan Ren.

Workshop Content

Puja (prayers) · Metta Meditation · Discourse on Loving-Kindness · Q&A

Day/Date/Time/Venue

4 sessions, Every Saturday from 14th February till 7th March 2009

6.30pm - 8.00pm

Awareness Place Well-being Centre, Blk 231 Bain Street, Bras Basah Complex, #03-39
(Nearest MRT station is City Hall)

Registration and Enquiries

6849 5345 | 9004 8440 | billy@kmspks.org

*Strictly by registration only. Participants are strongly encouraged to attend all the sessions

To register: please provide your Name, Gender, NRIC Number, Date of Birth, Email and Contact Number

Offering: \$13 per person for 4 session (Inclusive of 7% GST)
Free for students & NSF

About the Trainer

Venerable Chuan Ren has been in Taiwan, Malaysia, Sri Lanka and Myanmar practicing meditation. He spent years in Myanmar learning and practicing Vipassana meditation under the tradition of the late great master Mahasi Sayadaw and Shwe Oo Min Sayadaw. A simple monk, his explanation of meditation is direct, clear and effective. He guides you systematically to understand and eventually, taste the fruit of meditation directly yourself.

kmsYM

offering young adults effective ways to learn Buddhism while achieving personal & spiritual growths.
join us & be empowered:

*w*s*d*p	talks/sharings/workshops to discover Buddhism & its everyday application
Y_Cultivation	workshops to learn meditation, study Buddhist scriptures (sutras) & teachings
Y_Fellowship	recharge with fortnightly cultivation (puja/prayers, Dharma talks, hymns) & fellowship
YAC	Awaken your creativity (Young Artiste Club 15-35)
3GEMS	Enjoy guided Buddhist tours of temples & museums

Organized by kmsYM

Youth Ministry of Kong Meng San Phor Kark See Monastery
6849 5346 | youth@kmspks.org | www.kmspks.org/youth