



Mindful Awareness Practice

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What is Mindfulness Awareness Practice

To be present with what is happening in the 'NOW', and know how you feel about it. To be at ease with one self.

Attention

--- What matters most.



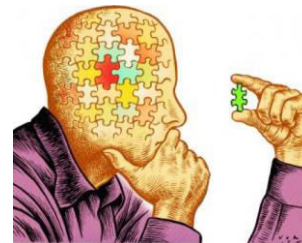
Mindfulness

--- Guard against unhelpful thoughts.



Awareness

--- Clear and knowing mind



Mindfulness Awareness Practice

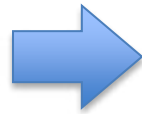


Mindfulness Awareness Practice



How MAP benefits me

1. More attentive and alert



Dull and bored mind

2. Calm your mind



Noisy and anxious mind

Thank you