

Navigating Life: A 2 Day Life Enhancing Dialogue with Venerable Chang Ji

Are you in charge or is Anxiety in charge?

Who's the Captain of the Boat?

Think of the last time you suffered a failure, a trauma that left you deflated. Did you blame the world, the absence of luck and the fault in your stars? Did you lose motivation, grumble and stay miserable with a palpable cloud over your head? Did you nurse a grudge against the universe?

Or maybe you dusted yourself off and bounced back. After the momentary disappointment, you regrouped, considered what went on, learnt from your mistakes, improved what you could improve, worked harder and stayed positive. You went on and achieved the inevitable success that you knew was waiting.

This 2 day seminar serves to share tools and skills to increase our ability to positively adapt to stress or adversity so that we could navigate through life and deal with physical, psychological, social and cultural impediments in a positive manner.

Where : Dharma Drum Mountain Buddhist Association (Melbourne)
36 McDowall Street, Mitcham
When : Saturday May 16 & 30 2015
Time : 2:00-4:00pm

This is a joint event with the Buddhist Council of Victoria. Places are limited so **registration is essential.**