

Daily Life – Working Meditation

“Mindful Living” – “Living in the present moment”

Everyone lives in the present. Physically, no one lives in the past or the future. Unless we make an effort, we are usually unaware of our present moment. Most of the time, our minds wander to either our past (memories) or to the future (expectations), and are never in the present.

Reflecting over memories brings us anger, regret, guilt and more. Contemplating over the future results in anxiety, uncertainty and more. The reactions in our bodies to these negative thoughts result in many behavioral changes within us and in some cases, result in poor health.

We have no control over the past or the future, because the past is already gone and the future is yet to come. But, we have control over the present. We breathe, see, hear and feel in the present moment. We forget to enjoy the air that we breathe, the surroundings that we see and feel, and the sounds that we hear.

Being aware of oneself by living in the present moment leads to a life of happiness that improves the quality of our thoughts, interactions, contributions and realizing our potential. Meditation is the path to achieve real happiness in life and the first step of this path starts with self-awareness.

The main objective of this short program is to explain how mindfulness can be applied in everyday life.

Program:

- Talk – 45 minutes
- Guided meditation – 20 minutes
- Questions and answers – 40 minutes

Date: 22nd of June

Time: 17:30

**Place: Room S1270, Building NW1, Otto-Hahn Allee
28359, University of Bremen**

Language: English

Entrance fees: None

Mr. UpulGamage, a meditation teacher from Sri Lanka, will conduct this program. He has been teaching meditation at the Nilambe Meditation Centre (<http://nilambe.net>) since 1989 and specializes in teaching meditation at schools, monasteries, nunneries, hospitals and prisons. From time to time, he travels to Hong Kong, Malaysia, India and some European countries like Germany, Switzerland, Spain, Belgium and the Netherlands to teach and practice meditation.

Anyone interested in the above program is most welcome to join. Please send a short e-mail to koo@comnets.uni-bremen.de or call **0421-21862382** to indicate their participation as the planned room can only accommodate 50 – 60 people.