



Wisdom unlocks the mystery of our stress and brings forth a meaningful life. In this course participants are guided to recognize for themselves that the choice of a complain-free life is ever possible here and now by fully embracing what is offered in the present.

By taking each step in the **Now**, this course enables us to develop the skill of silent recognition into the reality of things as they truly are, instead of the unreal created by our concepts of judgments, ideas and opinions of what is out in the world by our resistance and holding on. By encouraging recognition and understanding of our inner mind through **mindfulness**, wisdom begins to blossom in our life.

WISDOM MEDITATION

Redefining meditation and its practicality in daily life.

BENEFITS This course provides an access to the understanding of the inner workings of the mind. It creates the possibility of distinguishing our true self from the false identity, which we have unconsciously created. This transformative journey brings about a new way of being and encourages the growth of human consciousness.

Facilitator	Hor Tuck Loon
Date	3. Weds 23 Jun - 28 Jul 2010 4. Thurs 12 Aug - 16 Sep 2010 5. Thurs 23 Sep - 28 Oct 2010
Time	8:15pm-10:15pm
Duration	6 sessions [weekly]
Course fees	Free [Heartfelt appreciation welcome]
Pre-requisite course	None
Contact Persons	Lim Yoke Fong 016-212 2649 Ng Swee Leng 012-695 9188 (9am-5pm)



TUCK LOON has been teaching meditation for the past 20 years, drawing parallels from many ancient wisdom teachings and also from his years of experience in the journey of mindfulness. Tuck Loon offers a contemporary approach to meditation through various courses, workshops and weekend retreats. His unique style of teaching and sharing provokes reflection and discussion, and using mindfulness as a tool, skilfully guides participants into understanding how recognising the mechanics of the mind brings about freedom and happiness.



Clove&Clive Sdn Bhd
F-2-02 Dataran Glomac,
Jalan SS 6/5B, Pusat Bandar Kelana Jaya,
47301 Petaling Jaya, SELANGOR
e. clovenlive@gmail.com
t/f. 603 78036699 / 017 2933699