



**In Search of Happiness ....**  
**Anamai Apaiso**



***A Session with Anamai Apaiso, a Friend Who Sees Things under a Different Light...***

If you are happy and feel that you have everything in your life, **Anamai** will introduce you to a profound state of mind, feelings, and emotions in a spiritual sense so that you can make them work in a way that is harmless and enjoyable. He will also share with you how to create **a home for your mind** which is a sure way to true happiness, inner peace, serenity as well as how to go beyond worries anxiety and stress.

If you are on a crossroads and confused on which direction to take - work, family or personal needs or experiencing a challenge of business, personal issues, family, relationship or loss of beloved ones, he will share with you how to efficiently address that.

Come and spend some time with celebrated mind trainer Anamai and learn simple techniques to bring more happiness satisfaction and wisdom into your life. Anamai has been living and sharing his mind training system and unique talents with people all over the world for more than 25 years.

Anamai Apaiso, a Guest Consultant at Chiva-Som, has been interested in "how to live a life without a stress or problem" since a young age. He did all the conventional things he thought would bring him happiness --- he went to university, became an engineer and traveled the world to no avail. He sought answers in ancient and modern wisdoms drawn from all major religions and various sources and found happiness in simple action "Minding Your Own Business". After his discovery he found himself counseling friends on daily life issues whilst happily enjoying his engineering job.

Anamai then became a Buddhist monk when he was 35 at the peak of his engineering career. During his 10 years as a monk he counseled, taught and shared various wisdom and techniques on how to live a happy, stress-free and contented living in everyday life for everyone. He left the monastery in 1998 to share his revelations with more people.