

## IN SEARCH OF TRUE HAPPINESS WITH 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 already, Anamai will show you the spiritual dimension of life. He will introduce you to a profound state of mind, feelings and emotions including wisdom on how to liberate yourself from their control. He will also share with you how to create **a home for your mind**; a sure way to true happiness, inner peace and serenity as well as a way to live the rest of your life happily and contentedly beyond all worries, anxieties or the like.

If you are on a crossroads, indecisive of what is next or having a tough time concerning any issue, might it be personal, family, work; or relationship; or loss of beloved ones and so on; or just simply need to get something off your chest; or to let go any undesirable things e.g. smoking, shopping, nail biting, excess weight, stress and so on, he will share with you how to effectively address that.

In short, people come to see Anamai to learn simple techniques and wisdom on **how to live a blissful and contented life** as well as how to handle a situation that they find difficult. Anamai has been living and sharing his unique Mind Training system and a way to live a stress-free and contented life with all people among which are CEOs of various business, celebrities, members of royal families etc. the world over for more than 25 years.

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

#### **About Anamai**

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 counselled, taught, led spiritual retreats 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.

For more information, please contact H&W Reception to book a free chat with Anamai

## A PATH TO THE TRUE HAPPINESS PROGRAM OF 8 SESSIONS WITH ANAMAI APAISO



A Series of Talks & Practice with Anamai Apaiso,  
a Friend Who Sees Things under a Different Light

This is a complete series of talks and a hands on practice tailor-made to enable you to live the rest of your life happily with satisfaction and stress-free.

The obvious benefits are an insight into what life is really all about, be much clearer about various things and being able to understand them the way they actually are; thus putting you back on top of them again; ability to cope with stress, feelings and emotions much, much better; being able to handle the work-life balance efficiently and effectively; ability to spiritually settle down and enjoy living here and now; freedom from fears, worries and anxiety and the likes.

The series is non-secular, non-religious and is open to everyone from all walks of life, regardless of race, gender, age, faith or belief, without prejudice or discrimination. It is valuable for everyone who seeks a true happier life, a life with an aim, a life that is full of meanings, free from all stresses, pressures, frustrations, and problems, a life that is beneficial to everyone and everything.

### **The series consists of eight 50 minute sessions, namely;**

1. The Purpose of Life (talk)
2. Anamai Mind Training (talk)
3. Anamai Mind Training in Sitting Position (practice)
4. Anamai Mind Training in Standing Position (practice)
5. Anamai Mind Training in Walking Position (practice)
6. Anamai Mind Training in Lying down Position (practice)
7. Loving-kindness Mind Training (practice)
8. Two Kinds of Truth: Ultimate and Conventional Truth (talk)

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