Change
The Impermanence of Life
What did I learn living in monastery for four months?
Mindfulness

- What is mindfulness?

- Meditation
  - Daily Routine
  - How am I feeling?
  - Eating, breathing
Impermanence
Nonattachment
Why do we fear death?

Death is certain and when you will die is uncertain.
  Friendly reminder. (skillful / looking both ways)

If you were to die tomorrow, would you be happy with your life?
What is important?

- Attitude of gratitude
- Compassion (Metta)
- Helping others
- Family
- Living life in the present
- Simplicity (Mo money, Mo problems – Notorious Big)
Education

The Grade isn’t everything
Looking Back
May You Be Well & Happy