

When people annoy, hurt you, don't hate them; choose to meditate. Meditation will make you a stronger and happier person. If you choose to hate, it will make you a weaker and unhappier person.

With the rise of mental health issues, hate crimes, and violence happening around the Greater Toronto Area, it is time that we should be optimistic about making Canada a kindful nation.

We are feeling better and are being optimistic that with your help we can soon build a kindful nation.

Come to the [2nd Canada Mindfulness Symposium](#) at [The International Centre](#) in Mississauga on September 22nd from 10 am to 6:30 pm to learn the ways of kindness practice in day today life. Canadian scientists, neuroscientists, psychologists, doctors, meditation teachers and motivational speakers strongly believe in kindness, mindfulness meditation and kindness practices for sustainable peace and mental health. We have invited such experts to come and speak at this Symposium.

Get ready to learn the fundamentals of feeling your best and healthiest self. Tickets are limited, so buy your ticket today and get ready to be transformed.

<https://www.eventbrite.com/e/2nd-annual-kindful-canada-symp...>

“Choose to be optimistic, it feels better” - Dalai Lama.

(1) Kindfulness for Minimizing Social Harm

BhanteSaranapala

The Urban Buddhist Monk

Social harm is seen as a big problem in every society around the world today. Although there are many theories why certain social actors choose to engage in activities that cause harm to others, I believe it is due to a lack of goodwill, kindness and mindfulness. If an individual is lacking these core values, there is nothing which that individual can do to abstain from engaging in social harm. Without these values in place to act as a safeguard, all actions these individuals engage in will be from a place of selfish desire, habitual reactions and ego-driven behaviour. If we do not act to help set individuals in the right direction, peaceful societies and nations cannot be built. I strongly believe social harm can be minimized, and eventually uprooted, through the cultivation of kindness and mindfulness. In this presentation, I am going to tell some stories and ways of cultivating kindness and mindfulness to minimize social harm, and promote unity.

(2) Engaging in The Social Transformative Paradigm

Arthur Lockhart

Founder of the Gatehouse

This highly experiential session will allow participants to engage in the 9 stages of transformative social change in real time. You will explore the essential features of critical

reflection, which can lead to personal transformation, which can lead to social transformation. Core themes will explore steps of transforming trauma into one's visions and expressions of alternative approaches to living; and our sense of possibilities for social justice and peace and personal joy. ***"If this fragile life is to have meaning. It will be found importantly in the way we offer caring and hospitality to each other."* David Schwartz**

- (3) Flow: The Ultimate Mindful State
Dr. Nauman Naeem
Physician & Author

I will define and discuss the concept of flow as it exists in nature and the universe and how we fall out of alignment with our true nature when we are not in flow. I will be discussing practical steps to get back into the flow.

- (4) Goal setting - Positive visualization - Believing in Yourself
Peter Tolias
Founder of "I CAN, WE CAN"

- (5) PTSD to Mindfulness - Training before the Trauma
Jon Carson
The Mindful Cop

Mindfulness Based Resiliency Training (MBRT) Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. The essence of their program is creating cross-cultural conversations where people of all backgrounds can explore and build a repertoire of skills for enhancing their social and emotional awareness, their decision-making process and their overall health and well-being.

- (6) Health Behaviour Change, Smartphone Interventions, and the Neurophysiological Effects of Meditation and Physical Exercise
Dr. Paul Ritvo
Scientist and Professor of Kinesiology and Health Sciences
York University

- (7) Neuroscience Research of Meditation for Mental Health and Happy Life
Assistant Professor in Psychology
University of Toronto

Group Meditation

Led by Ven. BhanteSaranapala,

The Founder of “Canada: A Kindful Nation”
The Global Mindfulness Meditation Teacher

Group Qi Gong Practice

Led by Master Teresa Yeung

The Founder of Pureland International Qi Gong and the Seventh Happiness School of Chi Gong

Author of Unlocking Your Happiness Within

Group Tai Chi Practice

Led by a group of Tai Chi Practitioners