

Elicit Your Potential Mindful Situation Seminar

Mindfulness

In the modern day, people use their brains, looking back to the past, feeling restless about the future.

Overflow of your friends current updates from the internet.

Sales estimates for the future, case studies from the past, analysis of numerous data.

Anxiety about pensions, marriage, and family matters.

Do we really live “ourselves here right at the moment?”



A hand holding a lit sparkler against a dark, splattered background. The sparkler is bright and glowing, with many small sparks flying out. The background is dark with white splatters and a halftone pattern. The text "Seize the Day" is written in white, bold, sans-serif font across the center of the image.

Seize the Day

Feel every little motion of your body, grasp all the inner voices from the bottom of your heart.

Leave your smartphone and empty yourself

The sound of air hissing through your throat, the sound of your heart beat, the sunlight shining upon your neck, the scent of roses, a black stray dog looking for food, a friendly conversation.


Feel yourself right here right now.

The background features a vibrant, abstract composition. On the left, there are large, expressive white brushstrokes that blend into a spectrum of colors including light blue, teal, and purple. The right side of the image is dominated by a rich, textured blue with a halftone dot pattern, suggesting a microscopic or cellular structure. The overall effect is one of dynamic energy and depth.

A Story of a Hardworking Person

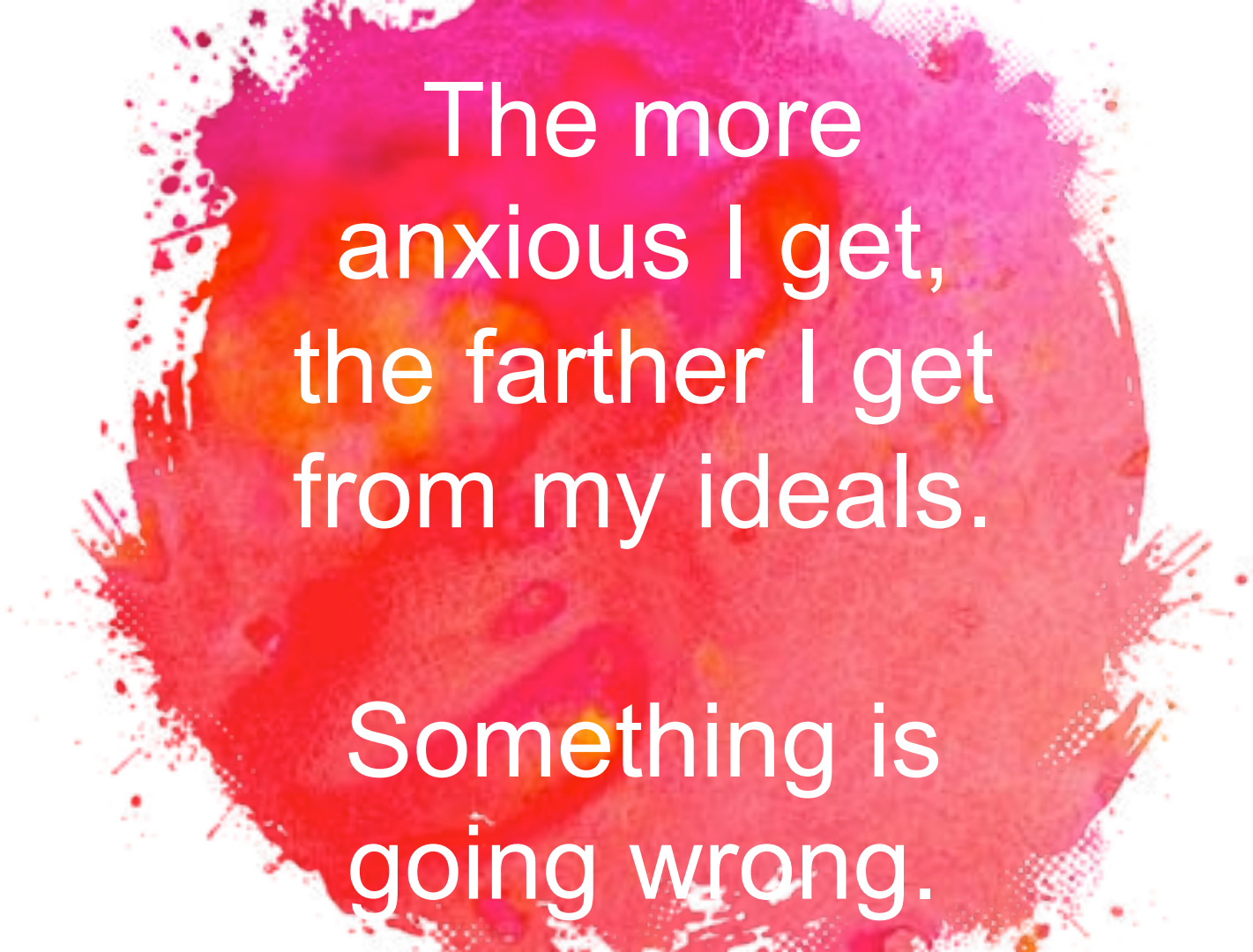
I thought I would
persevere no matter the
situation.

I would try to improve myself if I receive a
negative review, but no matter how much I try I
feel like there is a limit.



**Everyone around me is
great. I'm the only one
who's not perfect.**

This is not what I meant to be...



The more
anxious I get,
the farther I get
from my ideals.

Something is
going wrong.

When things go well, everything flows through so naturally.

I want to take back those days when work, relationship, private life were all in good state.

Mindfulness



Focus on “what you can do now” and “what you want to do now,” regardless of the past or the future.

Focus on the fact that you are living.

There will always be new opportunities. Don't look back, don't look ahead, just focus on yourself now, then you will find the path.



Mindfulness teaches you the importance of life in the modern days full of stress.

We hope that your life will be a fulfilling one.