

## BREAKFAST GATHERING FOR FELLOWS AND COUNCIL MEMBERS ON “MINDFULNESS OF LEADERS”



Hosted by Mr Michael Lee, Deputy Chairman of The Hong Kong Management Association; and Director of Oxa Limited, a Breakfast Gathering for Council Members and Fellows was held on 29 August 2016 at Hong Kong Club. It was a privilege for the Association to have invited His Eminence Gyalwa Dokhampa as the guest speaker of the event, and shared his wisdom on “Mindfulness of Leaders”.

### Perception and Mindfulness

Hong Kong is one of the most stressful cities in the world. As a leader, it is important to cultivate a stable and peaceful mind so as to reduce stress and to improve well-being in many areas of our personal life and at work.

At the breakfast gathering, His Eminence mentioned that everything in the world was neutral. What made them look different was our perception. As Buddha said, “We are what we think. All that we are arises with our thoughts. With our thoughts we make the world. Speak or act with a pure mind and happiness will follow you, as your shadow, unshakable.”

At most of the time, we cannot change the situation. However, what we can do is to change our reaction to them and it is where the concept of mindfulness comes in. Things themselves do not have values at all, but our perception attaches values to them. Therefore, changing our mindset is the best way to effect changes.

“It is with our minds that we create our world and our place within it: all the experiences that we go through – of happiness, sadness, suffering, beauty, anything – are given meaning and come to life in our mind. So understanding how your mind works, I believe, is the key to freedom, to happiness, to contentment and to overcoming challenges. It is the key to everything.” said His Eminence.



### About His Eminence Gyalwa Dokhampa

His Eminence Gyalwa Dokhampa, popularly known as the ninth Khamtrul Rinpoche, is the spiritual heir of His Holiness, the Gyalwang Drukpa, head of the Drukpa lineage of Himalayan Buddhism founded in 1206. His Eminence travels around the world sharing his knowledge at Drukpa monasteries and its 35 international centers. He emphasizes that that Buddhism is a way of life to finding happiness. He is known for making Buddhist ideals relevant to modern lifestyles, and teaching how Buddhist

principles can be integrated into everyday life.