

隨心而行，幸福無價
高原 • 生活 • 綠色 • 學習



康祖仁波切出生於印度大吉嶺，現生活於世界國民幸福指數最高的不丹，是藏傳佛教的資深靈性導師，於世界各地講學。

他曾與750位來自世界各地的追隨者，以堅定的意志，用雙足一步一腳印地、在42日內走遍海拔3000-5000米、荒涼至極、最接近藍天白雲的喜馬拉雅山脊，探訪被遺忘了的文明古蹟、與世隔絕的小村莊，沿途並拾起超過一萬公斤的塑料垃圾。

康祖仁波切將從這次艱險的徒步之旅出發，帶領大家深思：

- 「過程越辛苦，成果就越珍貴」，透過旅行以接觸心靈深處
- 以樸素與出離的生活態度，平衡物質與精神的需求，活出真善美
- 體味知恩與感恩，學習幸福快樂的真諦
- 以廣闊、開放的胸襟，關懷人類的福祉，認識世界公民的責任

隨心而行，幸福無價

與何潔生對談

【何潔生是嶺南大學公共政策研究中心主任，該中心每年進行「香港快樂指數」調查】

日期	時間	地點
11月29日 (星期一)	下午4:30-6:00	新界屯門青山公路八號嶺南大學 MBG22室

學校講座

日期	時間	地點
11月27日 (星期六)	上午8:30	香港兆基創意書院 (大師、老師、快樂禪)
11月29日 (星期一)	上午9:00	香港理工大學
11月30日 (星期二)	上午9:00 下午1:30-3:00	觀塘高雷中學 香港科技大學
12月1日 (星期三)	下午2:30-4:10	香港兆基創意書院 (中四至中七同學)

主辦機構：天龍香港

MIND FOR HIRE, HAPPINESS FOR FREE
Plateau • Living • Green • Learning



His Eminence Khamtrul Rinpoche, a learned spiritual master of Tibetan Buddhist philosophy was born in Darjeeling, India. From his current residence Bhutan, a country well-known as the happiest place in the world and the only nation that considers the happiness of its people its most precious resource, Kyabje Khamtrul Rinpoche travels all over the world to teach and spread messages of grace, beauty and happiness.

In 2009 he was joined by 750 followers from around the world on a 42-day walk in the Himalayan regions. With full determination, the group completed the journey, passing through regions of 3,000-5,000 meters above sea level on the world's rooftop, visiting some of the most historical holy places and inaccessible remote villages. Along this journey, more than 10,000 kg of plastic waste was collected in an attempt to preserve the region's green and pure environment.

As Khamtrul Rinpoche takes us on this arduous walking journey again, he will guide us to reflect upon:

- "Ultimate victory can only emerge from utmost hardship" – through travelling we come to touch our spirituality;
- Learn how to make a balance of our materialistic and spiritual needs so that we live a life of grace and beauty;
- Embrace life with gratitude and learn how to live in true happiness;
- Appreciate life and nature with an open mind, love and care genuinely for everyone, and become a responsible citizen.

MIND FOR HIRE, HAPPINESS FOR FREE

A Dialogue with Professor Lok Sang HO

Professor Ho is Director of Centre for Public Policy Studies at Lingnan University whose works include the University's annual survey on Hong Kong Happiness Index

Date	Time	Venue / Address
29 November (Monday)	4:30 – 6:00 pm	MBG22, Lingnan University 8 Castle Peak Road, Tuen Mun New Territories

SCHOOL TALK

Date	Time	Venue / Address
27 November (Saturday)	8:30 am	HKICC Lee Shau Kee School of Creativity (Meditation of Staff Development Day)
29 November (Monday)	9:00 am	The Hong Kong Polytechnic University
30 November (Tuesday)	9:00 am 1:30 – 3:00 pm	Ko Lui Secondary School, Kwun Tong The Hong Kong University of Science & Technology
1 December (Wednesday)	2:30 – 4:10 pm	HKICC Lee Shau Kee School of Creativity (Form 4-7 students)

website: www.drukpa-hk.org

2 ILP Units
Social and Emotional Development

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