**To Break Seeing The Screen To Feel Living With Minfulness**

Our era includes the people who became slaves of internet and do not drop of their phones, tablet or computers but do not know what to do or how to behave in the course of communication with other people. This problem in which the humanity experiences is the starting point of our project.

The only way the famous quote of Socrates, ‘’Know Yourself’’ becomes defined can be with humanity being masters of their life, not slaves of it. To make his happen, popular culture and roles which are stick to us must be removed. Internet addiction is something that casts humans out from their personalities and removes the capability of decision-making, just like Alice loses his way in her Wonderland that leads to identity depressions and eventually become a clew of problems.

Nowadays, young people gives their time more than adults. So their caracters and capacities destroyed by using internet. There are a lot of problems for attention comes occur.Mindfulness is an effective way to solve young persons focus problems.Our project serves as mindfulness to develop caracters and capasities of youngs.We give physchological and educational courses about mindfulness to youngs.

We need two or more partners from Europe. If you are interest in our project, you will contact us.