

## **Buddhism – path to inner and outer peace**

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Peace is not the absence of war. Peace is active. It can be generated. By each and everyone.

By meeting situations and things in life with attentiveness one automatically reacts in a peaceful, responsible manner by abiding in the awareness created through attentiveness.

The responsibility for peace is within the individual, rather than with someone outside. Recognising and putting into action this fundamental truth each and everyone can contribute to active peace in this world.

The art of generating inner peace can be learnt by everyone no matter which religion, confession or one belongs to. It is at the same time the very basic meditation method of Buddhism.

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Please find more information at [www.palpung.eu](http://www.palpung.eu)

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