



AWAKENESS JOY HAPPINESS MINDFULNESS INNER FREEDOM

Introduction into Buddhism and its right practice

**Everyone can be happy permanently - no matter whether rich or poor.
Even the lower stages are a true benefit - they are possible for everyone.
Receive profound insights for right understanding and right practice.**

**You will be furnished with valuable psychological insights for a joyful life
or good start into a spiritual journey.**

**Know the Noble Truths and the main causes of suffering from a different
perspective.**

**Understanding spiritual development and its psychology in depth.
Know more about components of a human being, their interactions and
basics of inner mechanics.**

**About the importance of mindfulness (Buddha's pith instruction). What is it
and how to practice it rightly?**

About the main obstacles to gain happiness, inner freedom and wakeness.

About marital status, joyful mood, noble morality, karma and results.

**About christianity and differences between buddhism of the north and the
south.**

About meditation and concentration. First practice of buddhist meditation.

This is not a standard introduction like the many offered.

Interested?

Location: **Turre** (see website)

1st Date: **Wed 15.Oct.2025** 19:00 - 21:00 in english.

2nd Date: **Sun 19.Oct.2025** 11:00 - 13:00 in english.

More info to the content and fee: <https://vajrabuddhismus.de/chat0>



