



EUROPEAN
BUDDHIST ACTION WEEK

MEDITATION
ON NON VIOLENCE
FOR ALL BEINGS
AND ENVIRONMENT

7 to 14 June 2020

www.sverigesbuddhister.se

Alongside our struggle with the coronapandemic, and the violation of our outer environment, once again negative social climate gives rise to demonstrations all over the world.



The origin of these threats could be traced to the lack of a deeper awareness of the interconnectedness and equality of all forms of life, and the lack of reflection on the consequences of our actions.

We invite everyone to join in **MENTAL ACTIONS** of changing our attitudes, to join into a week of reflection and meditation fitting our own circumstances, together aspiring for a sustainable effect of all embracing harmony and well-being.

