



Ahimsa Meditation Press-Kit

FOR A HEALTHY, MINDFUL AND PEACEFUL LIVING

Ahimsa Meditation offers a straightforward simplicity in the practice of mindfulness meditation. Nonviolence starts from everyone of us, but we benefit from it together.

Ahimsa Meditation is completely secular yet takes from Buddhism its core concepts of impermanence, egolessness and unsatisfactory nature of our desires.

Meditation practice is focused on the simplicity of concentration meditation, open questions, self-observation and development. It subsequently makes physical and mental health better.

Ahimsa Meditation is based on the core concept of self-acceptance, compassion and aims to spread this nonviolent way of living towards all sentient beings.

Ahimsa Meditation is a non-profit social enterprise that has a sole aim to promote and practice nonviolence in the world.

The aim to help everyone to live their life with a profound feeling of inner peace. It's possible to live mindfully and compassionately with other sentient beings. If we would be able to achieve this, it is a life that truly worth living in this world.

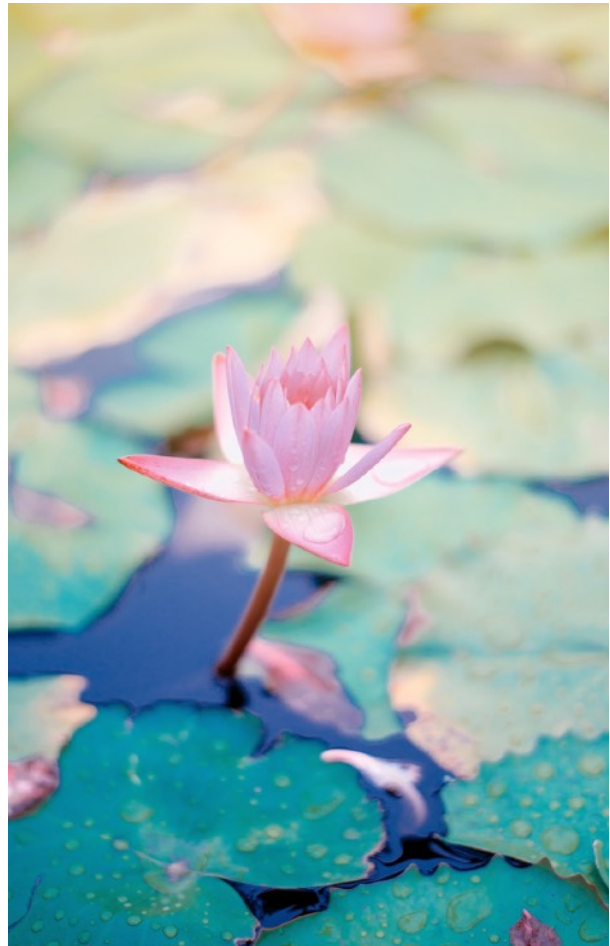
Our vision is to help everyone to realise nonviolence through mindful, ethical and value-based living. Together we can better animal and human welfare and help eliminate world hunger through plant-based whole-foods nutrition.

We base our activities on the values of nonviolence, mindful consumption and welfare of all sentient beings.

Not surprisingly, nonviolence is at the very centre of this “better living”, as you start to be more gentle with your own self. It then develops further so your social circles and then all living beings can feel how kind and compassionate you are.

Nonviolence is also important on a planetary level:

- not just it contributes to achieving a world peace,
- but also eliminates cruelty and suffering of innocent animals that are breed and slaughtered for food in the factory farm settings,
- which in turn helps to minimise and even potentially reverse global warming that threaten our entire humanity,
- but also makes the use of our resources more just, so instead of feeding those industrially farmed animals, we can feel all people and eliminate world hunger,
- this nonviolence to our communities and environment doesn't stop there – nonviolence becomes a foundation for our mindful living, ethical consumption and global welfare.



“The choice is not between violence and nonviolence, but between nonviolence and nonexistence”

-MARTIN LUTHER KING

These are all worthy causes, but they can start with every single person. That's why the very first steps that we decided to take is to provide the basis and instructions online.

Current situation in the world is violent:

- nonviolence remains quite ‘untouched’ and underutilised value, somewhere in the middle between pacifism and activism;
- we still see wars and conflicts in the world, rise of crime and violence, unhealthy nutrition that triggers violent behaviour;
- very busy modern lifestyles and mindless consumption.

Nonviolence allows us to get out of our own selves and be part of something bigger. Inner peace is therefore enabling us to cultivate peaceful attitude to all sentient beings in the world.

Please contact us for more information, guidance and we are grateful for your attention and support.