

## **Meditation for World Peace**

When we meditate we can be doing so to look for inner peace, or we can have a grander vision and purpose – we can be practising for world peace or happiness. Actually if we can clearly see the connection between these two ways of practise, they may not be so different after all. The difference may be not what we are doing in our practice but in our attitude. Do we have an attitude of sharing? Do we have faith that our state of mind can have a wider influence on the world or not? Even if we cannot see this influence while we are meditating we can find ourselves kinder afterwards. Then we can see that peace in the world can begin with peace in our own hearts.

Indeed we don't have to have problems in order to meditate, we can do so for these higher reasons. We can be finding a peaceful place, a safe refuge in ourselves, by meditating or by coming to the monastery, and we can then be sharing this peace with the world.

Some people wonder why monks and nuns are not involved in politics. Maybe there is more than one way to change the world.

I offer this for your reflection.

Ajahn Kalyāno

<http://www.openthesky.co.uk>