

# Outline of Laozi



How to live and find happiness by themselves.

Go with the flow...

- Wuwei

NO VIOLENCE

YIN & YANG

NATURE

LIVE FREELY



HAPPINESS

DAO

No definition, only experienced & felt



BALANCE





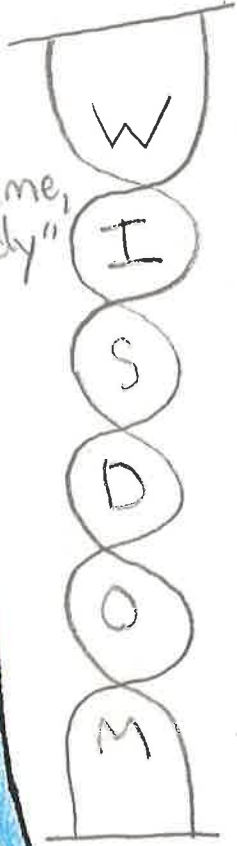
# Outline of the Buddha

"Meditation"



"Enlightenment"

"reaching yourself  
takes time,  
go steady"



"Eightfold Path"

- Knowledge
  - purpose
  - speech
  - action
  - living
  - effort
  - Meditate
- Mindfulness

"don't stress  
yourself out,  
relaxing is  
okay"

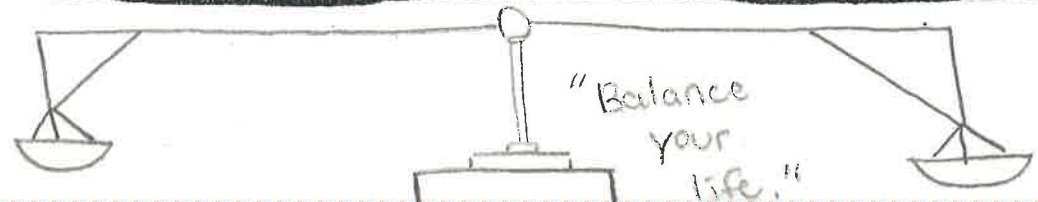
8  
Peacekeeper



"Reincarnation"

"be peaceful  
as time goes on,  
no need for  
hatred."

"Overcome  
suffering with  
desire."





Obituary of Confucius

