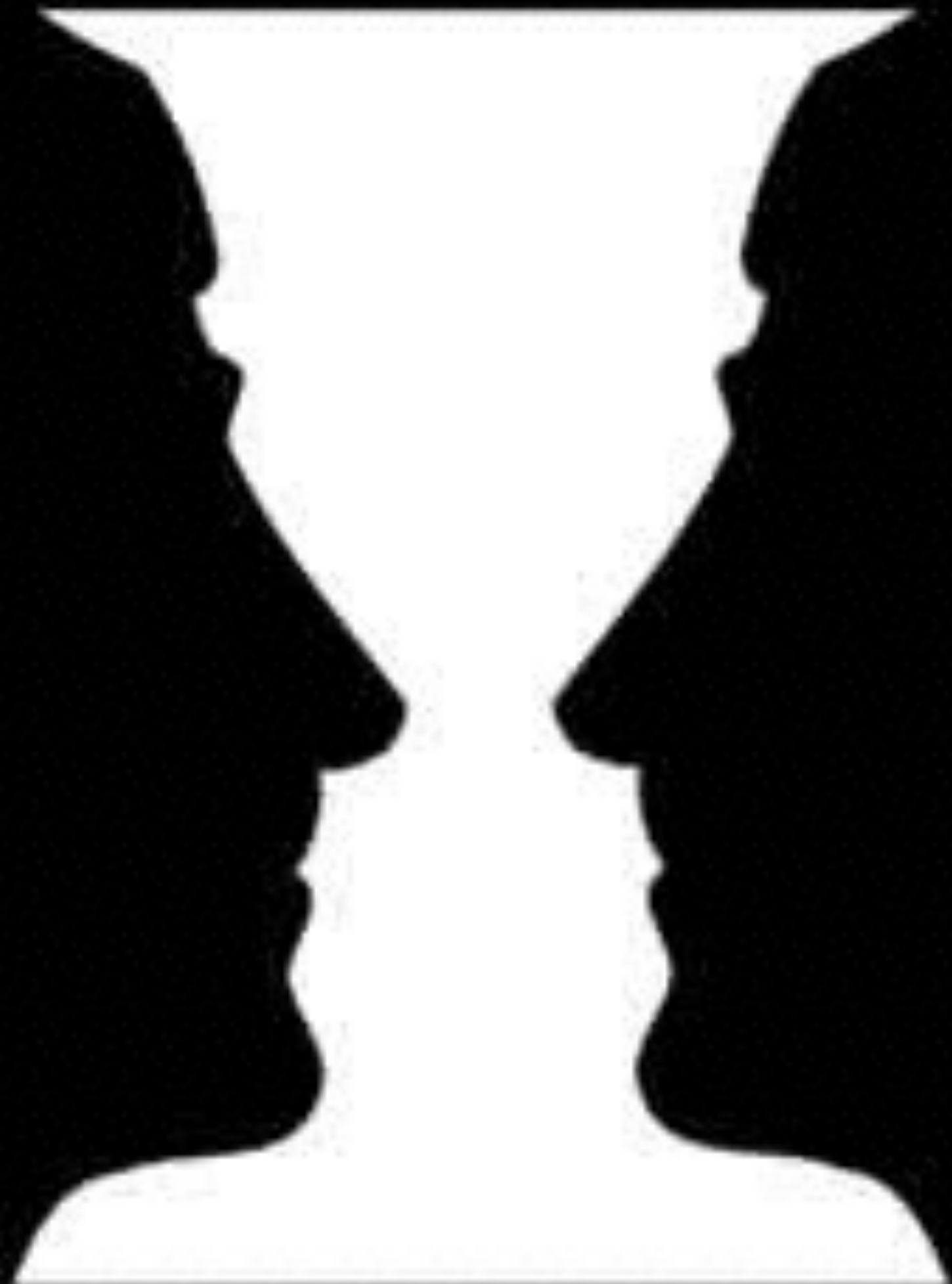


Berharap Masalah  
Tidak Datang Lagi

B. Nyanabhadra











# INSIDE OUT





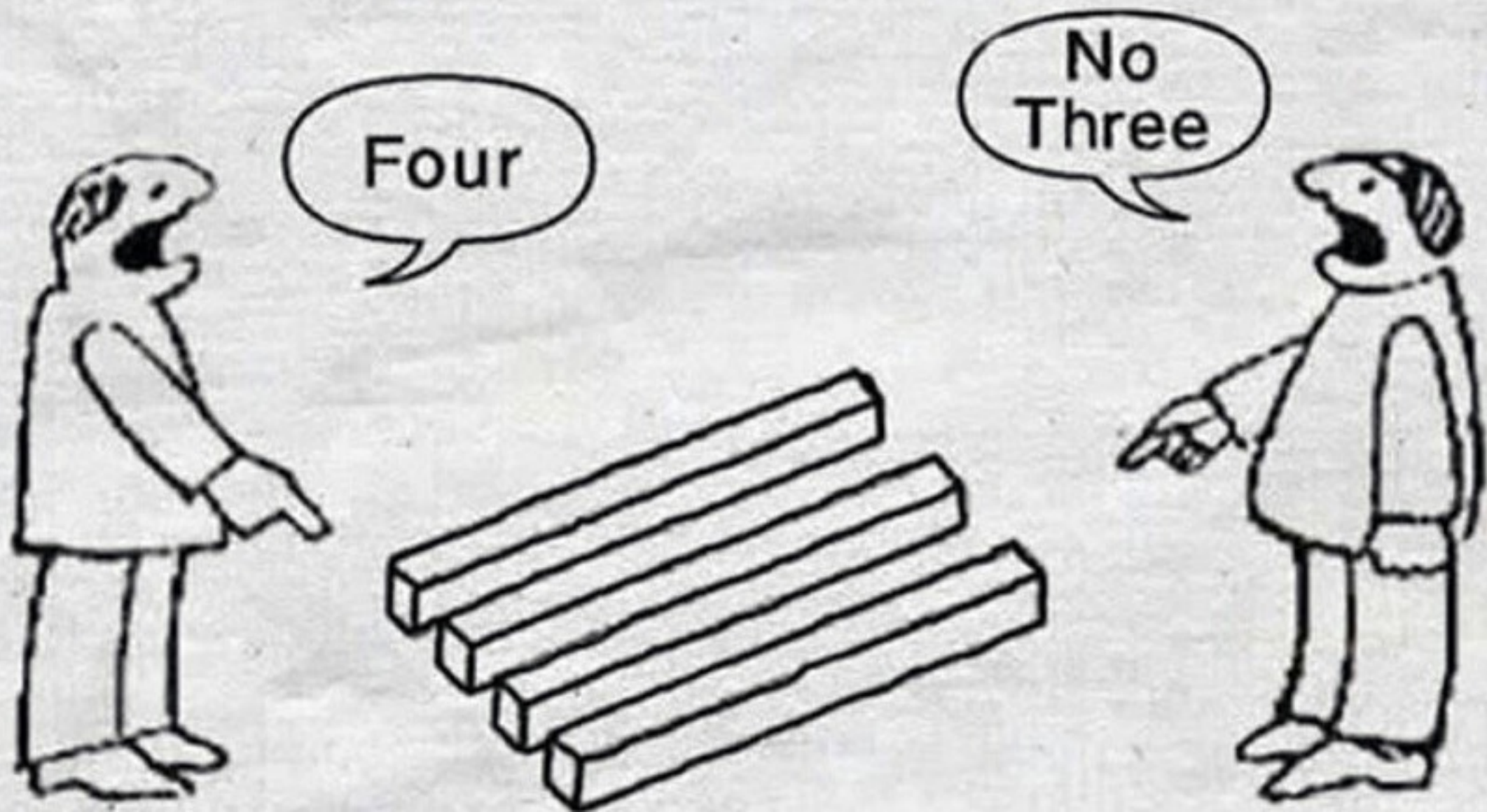


LISTEN

SILENT

**"Everything we hear  
is an opinion, not a fact.  
Everything we see  
is a perspective, not the truth."**

- Marcus Aurelius





"Problems are like washing machine, they twist us, spin us, and knock us around, but in the end we come out cleaner and brighter than before."





"The problem is not the problem. The problem is your attitude about the problem."

-Captain Jack Sparrow



"Buddha's teaching is giving you a new perspective to look at the so we called problem."



"Meditation is a habitual practice of non recursive thinking, just rest your mind in one object, stay with it, be patience, then it reduces your problem."





Thank  
you