

The Philosophers' Yard Meet-Up

on the topic of Inner Peace

Please take a moment to reflect on the questions below. If any of them resonate with you, feel free to spend some time thinking about it. If you feel at ease, try sharing the question with another participant at this event. We would be delighted to see people meeting new friends while discussing this topic.

1. What are practical ways in which we can cultivate inner peace?
2. Are there particular moments or experiences in your life when you felt truly at peace? What made those moments special?
3. Are there limits to peace, or can people find their way to peace in any circumstance?
4. Do you think you've achieved inner peace? Why do you think that is? Can you share that experience?
5. How does forgiveness, both of ourselves and others, play a role in achieving inner peace?
6. Does inner peace require solitude, or can it be found in the midst of a busy, interconnected life?
7. How can we know the difference between things that we can change and things that we can't? How can we make peace with things we can't change?
8. In Buddhist philosophy, attachment is often seen as a source of suffering. How do you think letting go of attachments might contribute to inner peace?
9. What do you think of the following quote from Stoic philosopher Epictetus? - "Demand not that things happen as you wish, but wish them to happen as they do, and you will go on well."
10. How is the concept of enlightenment related to inner peace?
11. What does Nietzsche's concept of *Amor Fati*—the love of one's fate—mean to you? How might it relate to the idea of inner peace?