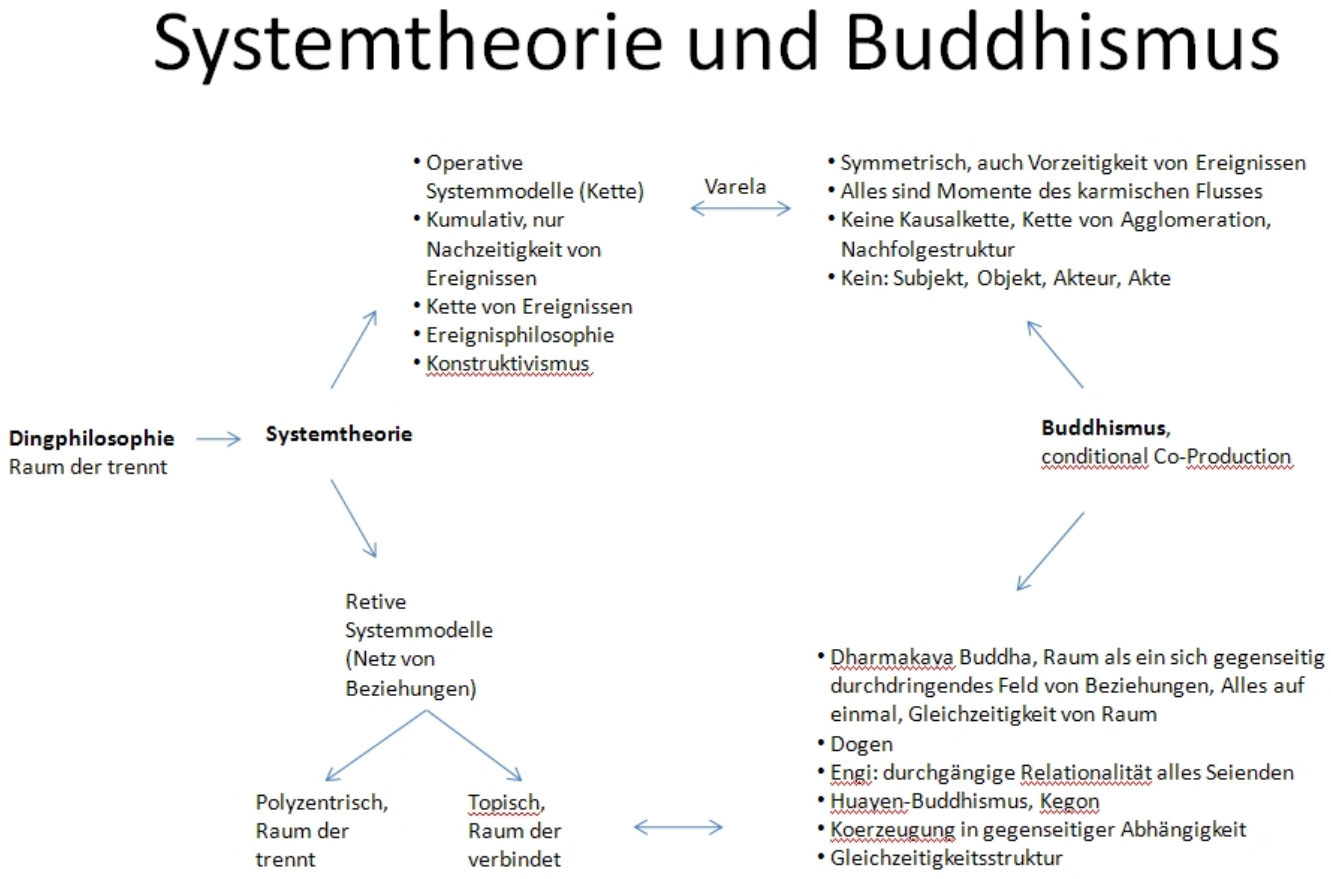Systemtheorie und Buddhismus