

# The Living Empty Sky

The rain is falling silently;  
the misty raindrops are like fog.

The sky is empty,  
but at the same time,  
there are many things in it -  
clouds and water,  
oxygen, hydrogen, and carbon dioxide.

Even though the sky is empty,  
it has the Earth, the sun,  
the moon and the stars.

There are vacuums in the sky where only pure sky exists  
and there are parts of the sky with many material things.  
Even though all these things are in the sky  
the sky embraces everything without a word.

This empty sky's original appearance is formless and shapeless  
yet it consists of a body and mind.

The empty sky is the Creator  
and through the coming together of things,  
"this" exists because "that" exists.

The Creator is omnipotence itself.  
From this oneness come a myriad of different forms,  
and this oneness gathers everything back to itself.

Do not try to search within delusions;  
The right way is to search from the existing world.

People think heaven is inside their delusional world  
and they have a vague belief they will go to heaven,  
but the heaven they believe in is a delusional heaven.

However no one in the world knows this.  
One who is born into the real world is  
he who has gone to heaven.

Oh, people!

Learn the principles of the world and be born in heaven.

Man has lived through many ages  
but the reason man has no wisdom  
is he has never had the viewpoint  
of the master of the world - God - who is wisdom;  
trapped in his mind,  
he has never been to the real world.

You cannot know the world however hard you try.

You will only know the world when you become the world.

It is because there is the sky  
that the world exists and could be created.

It is because there is the sky  
that the world, people and all creations could be created.

This empty sky is the origin;  
this empty sky is the mother and father of  
all creations in the Universe;  
this empty sky is the master of all things in the Universe;  
this empty sky itself is Truth.

The world is alive because this empty sky is alive.

Everything in the world is a representation of this empty sky.  
It is because the empty sky is alive  
that the place where all things come from and return to  
is this place, the empty sky.

Man must get rid of his world of sin completely while living.

The empty sky must become his mind,  
and in the land of the original Soul and Spirit,  
he must be born as his Soul and Spirit.

Only then is he a person who lives in the world,  
who has achieved human completion. Cham

Calligraphy\_ Woo Myung

**Woo Myung** is the founder of Ma-Eum-Su-Ryun Meditation, an author, and a poet. He has been teaching the Way to Truth through world tour lecture every year. He is the author of many books about Truth. The English edition of his most recent book, *Stop Living In This Land Go To The Everlasting World Of Happiness Live There Forever*, hit #1 Overall Weekly Bestseller in Amazon and won 5 international book awards such as LNBA, IBA, NIEA, IPPY, and eLit in the categories of Self-Help, Philosophy, Spirituality, and Meditation.

Once upon a time, there lived a rich man.

When he died, an angel came to greet him in heaven.

The angel told him that the angel would show the man where he would live in heaven. As the man followed the angel, he saw so many beautiful big houses which were incomparable to the one he used to live on the land.

“Wow! Look at that house! Wow! That house looks marvelous, too!”

The man had no doubt that he would live in one of those houses.

However, the angel passed by all the beautiful big houses and arrived at the houses that looked so tiny and poor. The angel pointed at the tiniest and the poorest amongst them all, and said to the man: “This is your house.”

“What? Are you expecting me to live here?”


The Angel looked at him sadly, and said: “Sorry, with the materials that you had sent from the land, this was the best we could do.”

“This doesn’t make any sense! How long do I need to live here for?”

“You will live here forever. Like I told you already, the life on the land is only temporary, and it is only the life in heaven that lasts forever. I have warned you many times already, that you should accumulate your fortune in heaven, not on earth.”

Accumulating fortune in heaven, may not require something grand.

The person right in front of me, that person’s mind is heaven. To accumulate fortune in heaven, is to look after that person’s mind, and to help find the true happiness through emptying out your minds together.

To accumulate fortune in heaven, because anyone can do it, that is why heaven is fair. 





## Third Challenge After Superstar K2 & Voice of Korea

Sun Jihye

Edited and photographed by  
Choi Changwon



I've enjoyed singing ever since I was young. I'm from Nonsan City located in Chungnam Province. I remember how I would sing in front of everyone when there was a village feast, and elders would give me pocket money. I also started to win many prizes in the song festivals and when I was 16, I knew that I wanted to become a professional singer.

I was trying to make my way through when in 2010 my friend nudged me to enter into a survival audition program, called "Superstar K2". In the first round, they would tell you whether you had made it through to the next round by phone. Then the singers had to compete in front of the screen writers for their next round. Then you would sing in front of the judges for your third round. If you made it to the fourth round, you would then have to go through a series of missions, such as a team mission, until there would only be 20 people left for the super week. Unfortunately, I didn't make it to the top 10.

**"You have an excellent ability to interpret the music, and your music is very rich in emotion."**  
**"I'd like to say thank you for showing us good music until the end."** Last year in March, on a Mnet survival audition program called "Voice of Korea" Sun Jihye who sang "Lamentation(or "Ae-mo" in Korean)" captivated the judges. However, she did not make it to the live show. Because this was her second time being eliminated on a survival audition program (last time it was Superstar K2, two years ago), her sorrow doubled this time. She got over the hard time through meditation. This is her stories of new challenge.

That was the hardest time for me. I didn't want people to

feel pity for me and felt like people were talking behind my back. I felt small, and felt I was being victimised. When I saw other competitors like Huh Gahk, John Park and Jang Jae-in now singing on the TV, a sense of inferiority would come over to me, and I kept thought about things like: “What would have happened had I done something differently back then?” Feeling of regret swept over me, and I couldn’t concentrate on my study.

That was when I met meditation. I knew a friend who changed so much after doing it for a month so I decided to give it a go too. I thought that if I could overcome my mind, I could change like her too. I stayed in the main center in Nonsan for 3 weeks and I felt peace in mind that I had never experienced before.

Then early last year, I got a phone call from Superstar korea. They asked me to sing in this new audition program called “Voice of Korea”. The participants would be judged solely

based on their voices. I tried to really show everything I had this time but nevertheless, I didn’t make it until the end.

And I think this time I suffered even more. I felt heartbroken when I saw my parents’



disappointment in their faces. I also started to wonder whether I would ever become a professional singer.

More people noticed who I was this time and that also made me felt very nervous. Was my voice not good enough? Was it because of my look? Or was it because I was too shy? When I felt like I had hit bottom, I remembered meditation and attended the 2012 winter University Students Meditation Camp. I really wanted to throw away my mind completely this time.

I had to look back on my life and at the start, I couldn’t remember much. But the more I threw away my life, the more memories came to me. I remembered how I felt inferior when I saw other singers who sang better than I did, how I felt anxious and worried about whether I could make it to the next round and also how I felt hurt when the judges made their harsh comments to me. I couldn’t believe that I was full of these minds while singing. Even my thoughts such as “had I been given a different part of the song, that would have changed everything” were simply excuses to justify myself. I accepted the sheer fact that I didn’t make it to the final because I wasn’t good enough and I didn’t put enough efforts into it.

Furthermore, I also realized that I never loved music in






my life. I sang for the sake of getting appraisals from other people, for the sake of not wanting to disappoint others' expectation and for the sake of my own obsession with the music. So I kept looking back over life and repeatedly threw away those minds until at one point, all my minds were gone so that I felt completely free. I realized that the universe was me and the joy and freedom that I felt at that moment could not be expressed in words.

Singer Shin Sung-hoon coached me during Voice of Korea and he was very nice to me. After the show was over, I screwed up my courage and asked him in which areas he thought I should improve. He looked at a soju glass(\* a very tiny glass for the Korean wine soju) and a beer glass on the table and said: "your mind is only as small as a soju glass. You have to make it like a beer glass. You have to make your mind big." At that time I didn't know how, but I eventually realized that meditation was the answer. Because once I have emptied out the pictures in my mind, the original infinite universe revealed itself.

This year I toured around the country for about 3 months and performed in a concert called "Ma-Eum Talk Concert". It was a concert to comfort people's minds, and get them to know about the importance of meditation. I sang with the fusion performers' group and that was when I felt like really singing a song for the first time in my life. When my mum saw me singing in one of those concerts, she said to me: "I have heard you singing for so many times, but I have never cried so much like today."

I always felt something was empty even though I knew I was doing something that I wanted. What am I, why am I living like this, why do I always have to suffer, why do I always feel lonely and sad...? After doing meditation however, now I understand who I am, where I came from and where I would return.

I'm now working in the music industry and if it's possible, I would like to try out those auditions once more. However I know that this time, I would no longer have those obsessions like I did before.

I never knew how fortunately I was and I was always making complaints about everything I had. But from now, I would like to sing for anyone who would like to hear my voice, it doesn't matter who they are, where they are and sing songs that would make everyone truly happy. 

## Do you get angry for no reason? Do you feel down for no reason?

### This is how she has overcome her emotional crisis

For the past 26 years, she used to get angry and feel depressed all the time. I even had a fearful thought that she might get angry for no reason during our interview. However to my relief, she greeted me with a sunny smile on her face and the interview went smoothly. Let's hear how she has overcome her emotional crisis after returning back from the University Students Meditation Camp last winter.



- **How have you been?** It's the recruiting season now so I've been submitting a lot of job applications. I'm searching for a job at the moment.
- **You must have been quite busy then. However, I must say that you have a very cheerful impression on me.** Well, let's say that I have become better now. People always thought that I was about to cry or upset when they saw me. My face has become much brighter after doing meditation.
- **How serious were you before?** I felt depressed or upset all the time. Darkness plunged into my face for no reason, and I used to feel depressed for many days. I always worried a lot about my future. I had this fear that while my friends all seemed to have a bright future, I was just keep wasting my time.
- **Did you not know what you wanted to do? I think this is a common problem that a lot of young people share.** Exactly. I didn't know what I really wanted to do. I thought about pursuing a career in media or social welfare, but my parents were against it

because they thought those careers seemed financially unstable. My parents were against everything I did. My dad had decided for me what I should study at college and as a result, I never enjoyed my major at college. I had to be an obedient daughter to my parents and shaded my "true self" away from them. I felt like it was better to end my life right now than continuing on living like this.

● **Maybe your parents wanted the best for you.** Of course, looking back right now, I could see that my parents only wished the best for their daughter. However I hated them so much back then. I couldn't push for my opinions because I didn't have anything to support myself.

I tried to discuss my future career with my parents but every time when we started to talk, we ended up arguing. When they yelled at me or tried to hit me, I was so scared. I also said a lot of things that have hurt them. Then they would say " Sorry it's all our faults". Hearing them saying those words would make me even more miserable. However, I would start hating them again the next day.

● **That explains to me why you had to go through a series of emotional crisis.** Yes, and I thought it was all other people's fault. But when I was 10, I realized that I needed some change too. So started to change my facial expressions and read a lot of self-motivational books, as part of my mind controlling efforts. After reading a lot of those books, I felt like I regained the confidence. However, it didn't last quite long. I realized that at the end of the day, because it was my problems, I had to cope with them

myself, but didn't know how. I also thought about going to see a counselor, but the counselling fees seemed to be very expensive. That was when I saw the University Students Meditation Camp poster at my school, and I said to myself: "Let's just stay relaxed for a week, let's give myself some "healing" time."

● **So, have you found the root cause of your emotional crisis?** I found that I had an inferiority complex throughout my life. When I was young, the boys at my elementary school used to make fun of my look. From then on, I had an inferiority complex about my face, always believed that I was an ugly person.

● **I'm sorry to hear that. Yes, but I think that is how an inferiority complex starts to build up once it is there.** I started to take notice of the words people said to me, even if they said them out of the top of their heads. I also got angry easier because of my inferiority complex. My self-esteem became stronger to guard myself. My face also turned cold.

But after doing meditation, I saw that the reason that I tried to hurt my parents by saying bad things to them was to simply protect myself. I felt humiliated over my actions when I looked back on them from a third person's point of view. And the more I threw them away, such as my sense of inferiority and self-esteem, the more I felt at ease. I wanted to throw them as much as possible so that I could become stress-free. And at one point, I felt my mind was completely empty. Because I no longer possessed my past, I felt so free. After throwing away worries about my life and my future, those worries no longer existed. You could understand what I mean once you try this yourself. You will be

able to feel so free because you don't have to bother about who looks good, who looks bad or who makes you feel hurt. Because if I don't exist, there is no self who makes comparison with other people. Because there is no need to guard myself, everything is one and you will be able to think from other's perspective.

● **Wow, you sound very enlightened. So does that mean now you can understand your parents as well?** Yes, I used to only see their actions without understanding why they were doing them but now I can. When I said to them "I used to think it was all your faults, but looking back, it was actual all my faults, not yours" they were very surprised.

● **Yes, I understand that but it seems that nowadays some people are actually enjoying their depression, what do you think?** To be honest, I think they are doing it just because they want to get more attention. It's like an addiction. But, it's actually meaningless and a waste of emotional energy. I wish people can open up their minds and let those feelings go away, instead of keep accumulating them inside.

● **Great, any last words or comments?** I used to envy those people who seemed to be naturally positive. But now, after doing meditation and taking away all my emotions out of my mind, I have also become one of those positive people. I'm grateful that I have become a positive person and also grateful to my period of emotional crisis which have led to where I am right now. In other words, if you become truly positive, you will be able to embrace even your painful past with a positive mind. [Cham](#)