

The mind world of man, filled with what belongs to the world, is not real but false images. One who is inside those false images can only speak of what his mind holds but these are only his preconceptions and opinions. Since those who live in the false human world can only speak and act according to what is in their minds, those who speak and act in a way that fits the time they are in live a slightly better life. Their lives and actions reflect the minds that they have taken in. In any case, the human mind has made a selfish self-made world that cares only about himself. In this world, doing well for himself, being the best and boasting about himself is everything.

One Speaks And Acts According To What His Mind Holds

However when his human mind disappears and becomes God's mind, man will live a truly joyful life. He will live divinely; he will have complete freedom and liberation, be without worries and work in the land of God. Being selfless - literally having no self - he will work for the benefit of others and live amassing blessings in the land of righteousness while he is alive. Since the land of righteousness has no death, he will know the oneness of life and death. The land of forever-living immortals where one does not die after death but lives as God, is the land of righteousness. This is what it means for what is false to become true.

When man becomes a true person and he lives as one, he will also do well in society, in the world. The best path for all

people is to become complete and true because the correct definition of living well is to live as Truth and live in the land of righteousness.

The first priority in education should be to teach people to become Truth before teaching them the skills and knowledge to make a living. If this happens, the entire world will become more prosperous. This is because people will live for others if the level of their consciousness become higher, or in other words if they come to their original senses. Only when we change our minds to that of Truth that is God, will we be able to live together as one.

When we are reborn with the mind of the sky - or in Korean, Haneol, which literally means one mind - everyone will have wisdom; no one will behave foolishly, and we will no longer be trapped in our individual mind worlds. Our actions will produce true results and everyone will live well and happily. Changing our minds from the false mind to the true mind is the most urgent matter at hand. When this happens, it will become a world where people can live with ease of mind. Cham

Woo Myung

is the founder of Ma-Eum-Su-Ryun Meditation, an author, and a poet. He has been taught the Way to the 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 4 international book awards such as IBA, NIEA, IPPY, and eLit in the categories of Self-Help, Philosophy, Spirituality, and Meditation.

Calligraphy **Woo Myung**



The Life We Live Like Calming Paintings Drawn Without The Mind

Kim Eun-hee, Artist

Summary & Photographs Kim Hye-jin



Kim Eun-hee is 60 years old and a housewife, artist, and the mother of two. Last October she held her first exhibition entitled "Our Pictures" About 10 years ago she became interested in painting Folk Art. At the exhibition she showed 26 pieces of her work; including "Noh-an-do," a drawing of wild geese and reeds, and "Chek-ga-do," a drawing of a bookstand. She says that emptying the mind is like peeling away a cellophane film overlaying the original. This is her story of throwing away the mind.

On a day lit by the autumn sun I opened my first exhibition. Thankfully many people came to the exhibition, so it was a happy time and as lavish as a fully opened yellow chrysanthemum blossom.

When I was nine years old it was my dream to be an artist. I was drawing some dolls, and also some clothes to dress them up with, when my father said to me: "you are very good at that." Just by him saying that I thought: "Oh, I should be an artist in my life!" Since then I have never thought about another career.

I was accepted into a fine arts college and majored in oriental painting. After graduation I worked in an office, met my husband, got married and raised two children. I stopped painting for ten years in order to fulfill my duty as a mother and a housewife. One day I longed to find my way back to the artist's life, so I started painting again.

At first the fact that I was able to draw again really was enough to make me feel happy.



Peony

Soon, however, I wanted to exhibit my work. But since I did not have any experience and reputation I could not enter even the smallest group exhibition. However, I was able to participate in open exhibitions and public contests. Yet I was stressed out when other artists in the exhibition received better awards than I did.

I would think: “I can do better than that... That guy is not that much better than I am...” I really hated the narrow-minded self that kept on making comparisons about others. I even promised myself that I wouldn’t do that again, but I could not escape from such thoughts at all. Art fettered me, and in the end I came to think it was not the way I wanted. Then, in 2006, I began doing meditation. Actually, when my sister suggested it to me, my son started doing it first. After he began meditation his mindset changed completely.

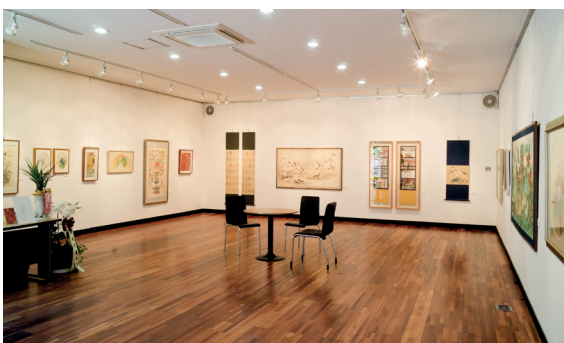
One day he said to me: “In the past I always had to struggle to maintain my top position in class. But after doing meditation I just have as my goal to be in the top position. Now I have fun learning more; and I still have the same result except that now I enjoy studying!” His words touched me as he had found the joy of learning and it was not laborious for him anymore. It was right after I saw this change in him that I started meditation.

While I was looking back on my life and throwing it

away in the meditation, from deep down in my mind these words came to me: “It’s Freedom!” I was amazed by this! I continued to throw away the mind. Then, I realized that the self I had thought was “me” was not actually me, and the “real me” was the forever-living existence of the mind that is as broad as the infinite Universe. It was just astonishing!

Painting is a form of expressing one’s mind world, and all of these minds had been portrayed in my paintings. In my meditations I threw away my minds. I threw away even the memories about painting, like the brushes, the art books, the galleries I had visited and so on. Then one day I became natural and comfortable with painting. After eliminating the colored glasses of the mind, I was able to





know what it is to act and live without mind.

Painting itself is a joy to me now. I no longer have such thoughts like I must paint exceptionally well; or that the color selection must be just right. I just paint, and the color comes naturally. Now, the pieces get done.

Our ancestors painted to reflect deeply on their inner selves rather than to gain recognition from others. Therefore they tried to empty their minds beforehand. These days I truly feel deeply that one has to discard one's mind. If you are full of thoughts then you are overwhelmed by them and cannot faithfully live in the moment.

A middle aged man who visited my exhibition said "I like your paintings as they portray no self." I was grateful for him, and honestly liked his comments. Another visitor also told me "I just want to sit and rest here, your gallery is so peaceful."

It is my wish that my paintings genuinely give comfort when they are hung in a home. I would like to create pieces that always fit into any home, art that feels like it belonged there from the beginning. I would like to live such a life. 