

The Way Of The World

The place this world came from is the original foundation, and the place it will go back to is also the original foundation.

Everything in the world is able to exist because the ground exists. The ground is able to exist because the Earth exists, and the Earth is able to exist because the empty Universe exists. The pure empty Universe, that has not one material thing, is the original foundation and the place of Truth. All creations came from this place - think of the place that remained after the animals and vegetation that existed in the world thousands of years ago disappeared - which is the original foundation. This is the place of Truth and the origin of the Universe.

It is the same when people die. Coming from and going back to the origin is the providence of nature, the way of the world and Truth. The world can be saved and people can live only when they are born as the substance of the origin in the place of the Creator, that is the original foundation. All people, animals and plants go back to this place at the end of their life spans.

What does not exist in this world does not exist. Namely, the world that man has stored in his mind by copying

everything in the world does not exist. That world is hell. It does not exist because it does not exist in the world which is Truth. Without throwing away this false picture world that is hell, no one is able to go to heaven. Heaven is the original foundation of the world; therefore there cannot be everlasting life or eternity without being reborn in this place as this substance which is Truth. This place, heaven, is where man and the Universe live forever.

We must go back to the origin and be born in the origin. One goes back to the origin when his self has completely disappeared, and only when one dies and does not exist at all, will he be reborn and resurrected. Just as it is the origin, the Creator, that created all material things in the world, spiritual creation is only possible when done by a person who is the Creator. It can only be done by the master of the world because it is his decision to put the creations that are in his world into the land of Jung and Shin. It can only be done by him, and only he can save everything in the world. Christianity states that only God can save us, and Buddhism tells us that Maitreya or the future Buddha will come to the save the world. They are all referring to the master of the world - the master of the origin. Cham

Woo Myung is the founder of Ma-Eum-Su-Ryun Meditation, an author, and a poet. He has been teaching 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.


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“Escaping Post Traumatic Stress Disorder, the Fireman's Occupational Disease”

Jang Hak-su,
Fireman, Hong Seong Fire Station

Summary Kim Hye-jin & Photographs Choi Chang-won



Whenever there is an emergency, Fireman Jang Hak-su is called upon to protect the lives and safety of people. The horrific scenes at these accidents and fires resulted in his suffering from Post Traumatic Stress Disorder (PTSD). By discarding his mind, Mr. Jang says he was finally able to be free from the restraints those memories put on him. “Now,” he says, “I am just grateful that I can help someone.”

When the alarm bells ring my body just automatically starts running. In saving lives, time equals life. And once a precious life is saved, the pride and joy one feels are beyond description.

The hardest thing for me was seeing the horrible scenarios of the various accidents. The first time I saw death was after a traffic accident. I had to transport the dead body of a middle age woman. That remained in my mind for a long time. After I received my certification as an Emergency Medical Technician (EMT) in 2005 and began to handle more serious calls, things got even worse. I began encountering death from every kind of accident. Somewhere along the way every scene became stamped on my memory. These scenes would occasionally surface while I was working, and also in nightmarish dreams. I really wanted to live without seeing these images in my mind, so I thought about changing my job.

In the Cheong-yang police station I worked by myself for three years, and started suffering from depression. The only



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chance I had to see anyone was when there was an alarm and the fire truck went out to put out the fire; or I had to transport patients to the hospital in the ambulance. I could only see people when the shift would change, and I always hoped that someone would come and sit next to me. I began to have doubts whether I should continue in this job.

It was about that time that I encountered meditation. I wondered, "Would it be possible to empty my mind?" I decided to go directly to the Nonsan Main Center because I had been searching for a method to eliminate those thoughts that had been bullying me all the time.

At first it was difficult to recall my memories and discard them, especially when I threw away the pictures related to death. Desperate, I fought on, and kept on meditating to the ends of my strength; pledging to myself that I would triumph. While practicing, I came to realize the reason I had a particular fear of death. There was a memory as a little child within me of watching the corpse of my great-grandfather being cleansed and dressed. That little child was too scared to go into the room with the corpse. In the same way, each of the memories of the life I had lived were stored in and ruled over my mind. I meditated more enthusiastically after realizing this. Then,

When the alarm bells ring nowadays, my body just responds; but there is no agony or worrisome thoughts. I think, "Let's go! Hurry! Let's go quickly!" I just go as hard as I can to do the work where I am needed.

at one point, I realized that all of this was false, and did not exist. After that it became so easy to throw away all those images and memories. The amazing thing to me was that even after only three days of meditation I could fall asleep as soon as my head touched the pillow. Because I suffered from insomnia, I used to toss and turn in bed for at least an hour before I could fall asleep. I had always been so tired because I usually woke up three or four times a night. It was so wonderful to finally be able to sleep deeply.

At some point while doing the meditation, something





heavy inside me broke apart. I felt a fulfillment within the emptiness and realized the universe was the original I. The gladness and joy that swept over me was indescribable. It felt like solving an unsolvable problem, or finding the silver lining to an impenetrable fog that I had been trapped inside.

Actually, because I worked with the fine line between life

and death, I had come to feel that human life was so cheap. Life had become just an empty dream to me. I wondered what it was to live, and through meditation I was able to realize it. Real life is not living a life based on this body, but living eternally as the soul and spirit that has become one with the universe.

Sometime later I began to realize that I was changing. Above all, my fear of responding to the alarms was disappearing little by little. I became thankful that I was able to work, for my work was helping others, and also because I had colleagues to work with. I came to have a refreshingly upbeat attitude and my feelings towards everything changed because I realized that this job

was my vocation and the place I should be. Of all the agreeable things that happened to me, the fact that I could escape from the miserable memories that had distressed me heads the list. Sometimes I was amazed when I realized that I could calmly deal with the accidents and incidents that before I had always wanted to avoid. After gaining my own peace of mind, even if I dealt with more than ten cases a day, I never felt tired. That is when I realized that relaxation was in the mind.

More than many other occupations, firefighters, policemen, and EMTs suffer from post traumatic stress disorder. Even though these people seem happy on the outside many live suppressing their inward feelings. I especially hope that people in these occupations try meditation. Just like remodeling a house, I hope that everyone can at least try once to remodel their mind. If we discard those harsh minds and eliminate the heavy memories, we can live refreshed and comfortable. Cham