



Water

The flowing water, even as it flows and flows,
always follows its path.

The water swirls and churns,
then becomes a cascade -
it is truly magnificent.

Flowing and flowing, crystal clear water flows.

Whatever is in its way,
it flows unhindered along its path
and even though it runs into thousands of things,
it flows without conflict, without speaking.

Following the flowing water's path,
descending valley after valley,
without change, the water is just water.

Water that is without minds,
goes and goes, somewhere, without any worries.
Even though many things happen,
because the water does not have the mind of those happenings,
they do not exist.

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 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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Calligraphy Woo Myung

Whatever happens, it is silent.

It does not have even the mind of silence,
so it is free and liberated.

It is the always living Truth itself.

Water knows the laws of the original foundation;
it is the original foundation itself.

Whether or not water exists,
whatever it runs into,
whether or not this or that exists,
water that has no attachments to itself, is alive.

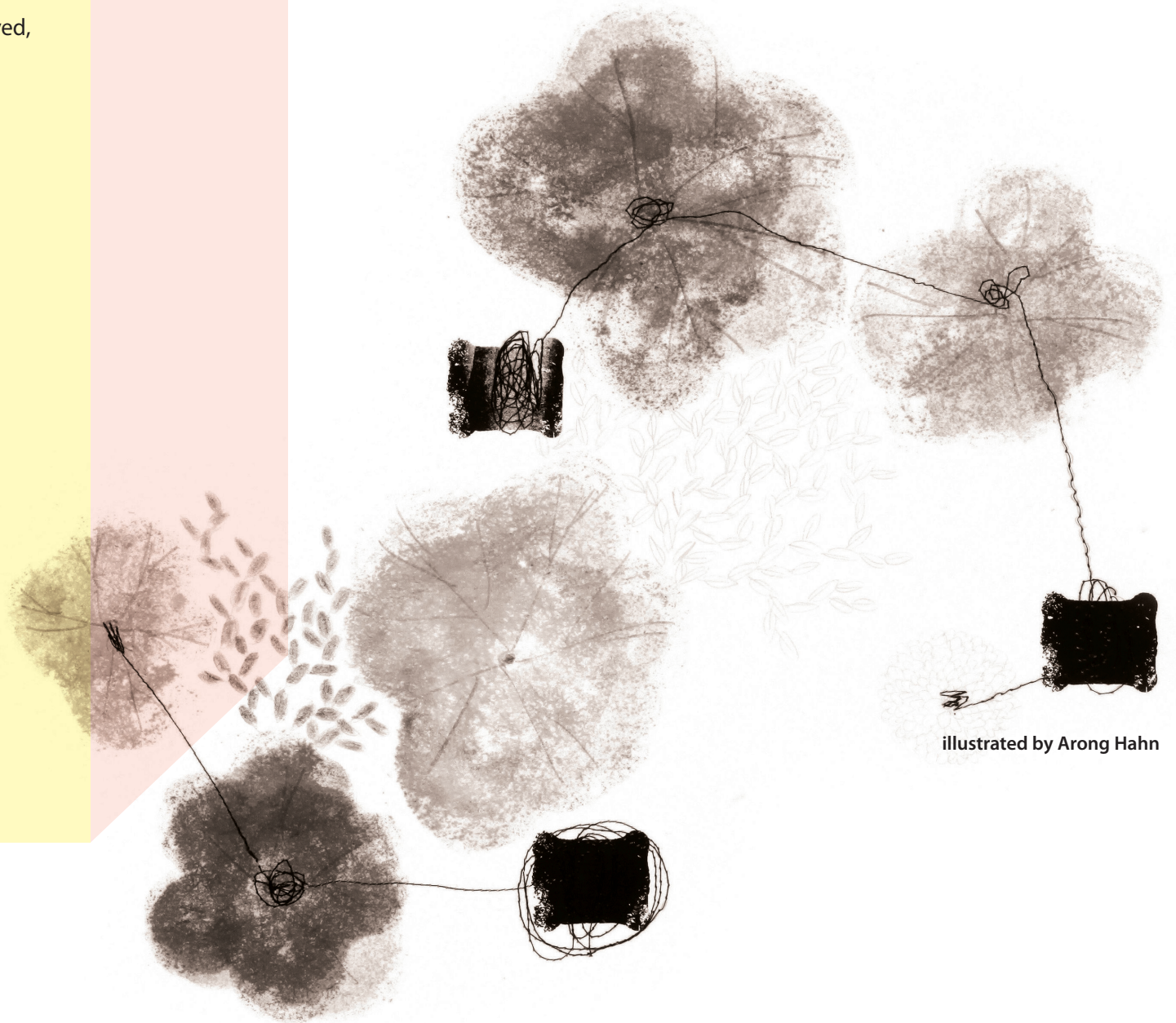
People, with their many happenings, with their many excuses,
with their individual minds, are shameful.

When one becomes the mind of the clear blue sky,
the mind of water, the mind of nature,
and is reborn from the original foundation,
only then, can one become
the divine, a saint, God, Buddha.

People, living with their evil sins,
do not know to be ashamed.

Believing they are superior and worthy,
they think the world exists for them. Chan

One day, someone visited me in a dream.
Appearing average-looking,
the young man said he represented God.
When I explained to him how enthusiastically I have lived,
he asked me to show that enthusiasm.
I took out the "enthusiasm,"
which I had kept all my life in my heart, to show him –
It was my pride, my reason for living, and my all.
The young man weighed the "enthusiasm," and said,
"Great, it weighs 100 pounds."
"100 pounds! Yes, I really was hard-working...."
I felt truly excited. Then the young man examined
the components of my "enthusiasm" in every detail.
A moment later, the young man said,
"When I analyzed your enthusiasm, money was 50%,
honor was 25%, pride was 24%,
and love for the world was only 1%."
"What? Oh, that... the reason why that is because...
like other people, I also...."
I wanted to awake from the dream very soon.
It's fortunate it's only a dream, I thought to myself
Fortunately, I have a real life. Cham



illustrated by Arong Hahn

Someone is laughing at me?

Throwing away victim mentality and obsessive-compulsiveness

Everyone worry, at least once in a life. The roots of such worries are mostly due to memorized thoughts from lived experiences, which are accumulated pictures of mind since childhood. Starting with this month, we would like to host real talk with people living a new life by discarding these pictures of mind. Since the talk is direct and candid, the interviewee will not be identified unless they specifically ask to be identified. – Editors

●○ **Please briefly introduce yourself.** I am an average Korean young man who is attending college after military service.

●○ **What was your worst stress in your life?**

I had much difficult time with victim mentality and blame. For example, when other people laughed, I thought they were laughing at me. I was self-conscious: is it because of clothes I was wearing? Is it because I was short? Did I do something wrong? I was also very competitive. When my grade average fell a bit, I could not accept it. As I pushed myself to study, I developed obsessive-compulsiveness. Since 11th grade in high school, my mind was filled with so many petty thoughts, especially music, that I could not control. Due to these symptoms, I could not even read books.

●○ **It must have been very hard. To change such self, did you want to try things to help yourself?** I consulted psychiatrist since high school. I took medications but they said I cannot be cured. I tried to

relax, took road trips, and tried to read self-help books, but I was still without confidence and was fearful of the world. Then, a psychiatrist recommended the meditation camp for college students to find out the roots of my problems.

●○ **Oh, so were you able to find the cause?**

As I started the meditation and threw away the pictures of my mind one by one, I was able to find the cause. The most important was blame I placed on my father. My parents fought very frequently when I was young. I lived always being self-conscious of their anger. When I went into military service, they divorced. My father did not pay our living expenses and stopped contacting us. Since then I started to hate him even more. I wanted to erase him from my life, but I realized that pictures of my father was ingrained deep in my mind and made who I was. I felt I was abandoned and was not loved by my own father. I was full of inferiority and victimization that no one would love me. I also felt I had to be responsible for my mother and sibling, and this pressure led to obsessive-compulsiveness. I threw away my negative mind about my father. At first, I did not want to even remember him. I had never thought I could throw away this mind. But my thinking started to change, because the negative mind was really gone.

●○ **How do you know the mind can be thrown away?**

In one word, I was freed from my memory. In the past, when I remembered my parents fighting in my childhood, I was full of stress.

Now I am able to see it objectively. As I threw away my memory of father more and more, I had less and less of stress. I greatly realized that my emotions about him imprisoned me. The important point is that those pictures of mind did not exist originally, only I thought they did.

●○ **What does it mean that the pictures of mind do not exist originally?** For example, even if others had lived the same life, there will be some who would be like me and also other who wouldn't be like me. The pictures of memories are not objective, but subjective pictures made by self and I alone am the only one having difficulty in my mind. If one threw away the pictures, one can meet the original self. It is not easy to express how I felt meeting my original self, by throwing away my past memories. It felt like being released from stress; it was like liberation, freedom, and being one with the world.

●○ **Did your thinking about your father changed?**

Even if I met him again, I don't think it would bother me. Perhaps, he also did not receive love from his parents. I do want to ask him why he behaved that way at that time. But I think I would first say to him that I am truly sorry.


●○ **Did the victim mentality and obsessive-compulsiveness disappear?** They are gone. As my sense of inferiority went, they also disappeared. I had thought no one loved me. But I have my mom, sibling, and friends. I realized that I am loved and also gained self-trust. My way of thinking changed more positively. My biggest change was my ability to laugh more. People around me comment on how I have changed so much. After a week of the meditation camp, 300

students took a group photo with everyone jumping up. I also jumped really high and laughed. Before, I never took photos, because I looked like my father and I did not want to be reminded of him. But that day, everything was wonderful and thankful. My mom also was very happy that I seemed so much brighter.

●○ **That's great. How are you these days? Are you happy?**

I am happy. I am satisfied with my life. I am really living happily without having to think. Not having thoughts means having no delusions or petty thoughts. I always had many thoughts, delusions, and illusions. Through meditation, I found that these thoughts were useless poisons of mind. Thinking can waste 40% of brain's total energy; I was always so tired and exhausted. But these days living without such thoughts, I have become more energetic and healthy. I now tend to move my body rather than think. At home or anywhere, I tend to find better use of time, such as house work.

●○ **What would you like to say to others with similar problems?**

I would like to say that those things in your mind do not exist, and because they do not exist, you can throw them away. After throwing them away, you can be released from your own burden of mind and live happily. 

Until we realize how beautiful this world is

Yonghee Cho Korean Instructor
Korean Cultural Center, France

Edited and photographs by Hejin Kim

Yonghee Cho (54) had been teaching Korean for 10 years at Korean Cultural Center in France. Because she warmly counsels and advises her French students like their mom; she is an admired Korean instructor. Through meditation, she was able to escape loneliness and anxiety while living in France and find true happiness. While visiting Korea in July for International Conference of Korean Educators, we interviewed her about her life, mind, and happiness.



For the last 10 years, I had been teaching Korean in Korean Cultural Center, France. Interests in Korean culture started to increase in France since 5 years ago, especially about K-pop, and previous 100 students learning Korean have now increased to 400.

The students are diverse in their ages, from 17 to 70 years old. Some had been coming for last 6, 7 years, and some come from a driving distance of 5 hours and have never missed a class. These students are really like a family, and inspire me to

work even harder. Last June, there was a class party at end of semester. I was so impressed when the beginning level students all wore matching clothes to sing “Beneficence of a teacher” in Korean to me.

Learning language can be boring, since there are many memorizations and explanations about grammar. I am thankful that they are able to learn well despite this. These days, I am surprised at myself at being without stress while teaching classes. Meditation was very helpful with this. I started meditation in 2004, after being introduced to it by a friend when I wanted to escape stress.

I had studied French in college and after graduation, I came to France to study abroad. My professor recommended a college in Clermont-Ferrand, a mountainous city situated in the middle of France. He said my French would improve quickly since there were no Koreans. Upon arrival, I found I was not ready to live by myself; it was very difficult and lonely. I had always lived with my parents and did not know how to cook. It was also hard to follow lectures since I barely was able to hold conversations in French. While my French classmates went home on



weekends, I had to remain alone in a large dormitory building. My loneliness was so great that whenever I opened my door, it felt like the air in the room was pushing me out.

Even after I had finished 6 years of living abroad and came back to Korea, the loneliness continued. There was no one who understood my life and way of thinking. In 1987, I married an old friend and went back to France. My husband and I were living separately for 6 years due to his work, and this was the hardest time of my life. Raising three children without money in a foreign land seemed bleak.

As the difficult days continued, I suffered from insomnia. I did not know when he was returning and I had no legal papers allowing me to work in France. When my oldest child received French citizenship, I was finally able to work.

As a foreigner, the most difficult were loneliness and anxiety. Living in France because of my husband and children, I felt like I was living a life without roots. I always thought I will leave France, but going back home to Korea did not fulfill me. There seemed to be no place for me. As I meditated,



the question ‘Who am I?’ came to my mind. Having lived in a foreign land for so long and experiencing identity confusion, it was like homework for me. As I followed the meditation method and threw away lived experiences one by one, I realized that I was the Universe, which was a great gift to me.

While emptying my mind, I was enlightened to the fact that even though I felt anxious in my life, nothing happened to me. My children were growing without problems, and I had a

worthwhile job; we were doing very well. I couldn’t understand why I was so stressed (laugh).

‘Ah, I did not live in the present. I was imprisoned in my mind. Even though God created humans to live happily, I was living not being able to feel joy.’

The best since I began meditation was that I live just as I am in the world. In the Bible, it is said that even birds are given food they need. I was given food to eat even though I was stressed and lonely. I was living well, but because of my mind, I couldn’t believe that I was living well.

As I threw away things in my mind, one by one, I felt like I opened

my eyes for the first time. The world was so beautiful, the flowers were so beautiful! It seemed like I saw the world for the very first time.

In spring, Paris is full of flowers. It is so beautiful. The strolling people walking by are also beautiful. I was so thankful to be living in such beautiful country. I said, ‘thank you’ every single day. Since then, the limits in my mind about France, Korea, and people of each country, were gone and I am comfortable wherever I am. It’s good here as well as there.

In the past, when I read the Bible, I wanted to live as the Bible said, but was discouraged when I was unable to. But now I understand that one must discard things from one’s mind in order to live as the words in the Bible. The Biblical verse, ‘those who are poor in mind have blessing to enter Heaven’ means by cleansing mind, one can be born into Heaven and live as is.

Meditation was like a partner who guided me step by step. Through meditation, any adults or children can equally arrive at the place of happiness. I would like to share this happiness with as many people as possible. Cham

