


# The Mind Before Human Minds

The countless things that silently come and silently leave,  
come from great nature and return to great nature.  
Man lives according to what is in his mind,  
but the mind before his mind is the mind of great nature.  
Regardless of whether things come and go,  
great nature is silent.  
And regardless of whether things go and come,  
great nature exists, silently.  
All forms that come and go, and go and come,  
are incomplete.  
Only he who has returned to the place of the origin  
from whence all creation comes forth,

knows the providence of coming and going.  
Even if all things in the world change,  
the original world, which brought forth nature,  
will not change.  
Only this existence is Truth and only it is real.  
People are dead because they do not have this mind of  
Truth and they are not born in the world of this mind.  
Living in his own mind world  
and unable to become one with the true world that exists,  
man is trapped within the mind he has  
and thus ends up dying an eternal death.  
He who knows he is the most pathetic,  
useless existence in the world and therefore detests himself,  
has the right to become Truth;





while he who greedily consumes  
and tries to possess everything,  
he whose self tries to accomplish Truth or become Truth,  
is far from Truth.  
Truth is the place before all creation;  
Truth is the place before human form and human mind.  
In order to become Truth, one's body and mind must not  
exist - only then can one go to the land of Truth,  
and it is the master of the true land  
who allows him to be reborn in this land.  
Only when man stops seeking something  
and completely denies his self  
can he be reborn and live in the true kingdom.  
If we are not born in heaven while living,  
we will die eternally.

Unless your mind returns to the origin of the Universe  
and is reborn from that origin,  
the word eternal cannot and does not apply to you.  
Only the place of the origin is eternal;  
only this place is the forever-living  
and never-dying immortal; and only in this place  
will you be reborn as the never dying immortal.  
Truth is this place,  
and only one reborn as Truth will live. Chan

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.

Michelangelo, an Italian artist and representative of Renaissance period, had a principle; it was that he never signed his artworks.

Actually, except for the Pietas; mother cradling dead body, no signatures were seen on his artworks.

It traces back to the time when he drew the Genesis on the ceiling of the Sistine Chapel in Vatican by order of Pope Julius II in 1508.

At that time prohibiting people from entering the Chapel, Michelangelo stayed locked up in the Chapel and kept drawing.

Bending his head back sitting on a work table under the ceiling, he did the hard work of painting the ceiling. He worked tirelessly until his body gave up.

Four years later, he finally signed it off and put his paintbrush down.

When he headed out of the Chapel, he was impressed by the scene before his eyes: dazzling sunshine and blue sky, birds flying high, and flowers and trees swaying in the wind.

Then a ray of enlightenment came to his mind.

‘Even though God created such a beautiful nature like this, nowhere did he leave any trace on his creation.

I only drew a mural, but I dared to show off my work and sign on it.

He immediately went back to the Chapel and erased his signature on the mural.

Since then he had never signed any of his artworks.

I did it, and that was my idea.

It is not a kind of showing off, but after fulfilling something, it’s



illustrated by Chigyoo Oh

not easy not having the mind that I have done.

Certainly, hoping that somebody could recognize my works, I covertly say ‘me’ or ‘mine’.

However, if possible, we would be truly free from everything, if we live just like unknown wild flowers and birds.

Even if lived without leaving a trace and nobody recognizing me, eternal happiness is the truth, says the unchangeable beauty of nature. Cham

## Meditation, the best mind controlling method for athletes

A story by Jeong woon Choi, a squash player

Edited and photographed by Kim Hye Jin

"You have an excellent ability to convey the music, and your music is very rich in emotion. It was very touching."(Shin, Sung-hoon) "I'd like to say thank you for showing us good music until the end."(Baek, Ji-young). Last year in March, on a Mnet survival audition program called "VoiceKorea" Season1, Sun, Ji-hae who sang singer Kim, Su-hee's song "Lamentation(or "Ae-mo" in Korean)" captivated the judges with her voice. 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.

At this National Sports Competition, thirty thousand sports players competed in 46 categories. I played squash at the Men's Group Tournament. It's not too much to say that sports are all about mental game. That is how important it is to stay mentally strong for sports competitions. And I am really benefited a lot from meditation in this aspect.

Since practicing meditation, I was chosen as a provincial player and won the opportunity to compete at the National Competition in four consecutive years.

I started squash in my freshman year, through a recommendation of a coach. It was fun and I gained a squash coaching certificate and taught squash at a local community center during my college years.

Squash, meaning "pushing the ball into the corner" originated from England where the prisoners would hit the ball against the walls. It is similar to playing billiards, so for example, you have to try to pass the ball to another corner so that the other player cannot get the ball. Quick judgement, agility and endurance to move your body without stopping are really important qualities for playing squash. It's a sport that takes a lot of energy, and that's why a normal person will be worn out quickly after playing just about 5 to 10 minutes.

But despite that, the reason that I liked playing squash was because





when I hit the ball right, I felt like all of my stresses were gone. And when I started to control the ball the way I wanted it to go, that feeling of excitement was so fantastic.

And the more I played squash, the more determined I became to win. So I decided to take squash seriously. But squash was not widely known in Korea yet at the time, and it was even harder to find someone to teach you properly. And there was almost no government funding

for squash players, so it was hard to imagine becoming a professional squash player. A lot of people worried about me when I decided to become a professional squash player.

Luckily, through a friend of mine, I had an opportunity to be trained with the national squash players for 9 months. Although there was no one to coach me directly, simply having an opportunity to undergo training with the professional squash players itself really improved my skills. And while I was gradually improving my squash skills, squash became an official sport at the National Sports Competition in 2006. Many cities and provinces were scouting their players, and I also applied.

Unfortunately however, it didn't turn out very well. I had a bad habit of keep thinking back about the mistakes I made during a game, even though I knew that moment was gone.

I couldn't find a way to discard this habit and that was when my girlfriend introduced me to meditation. During my first visit, the instructor there had said to me: "Humans have only been adding things to their minds until now, but this meditation is about discarding everything from your mind, then everything will be gone." Those words gave me hope.

I think you can't really understand how much pressure a sport player has about winning, unless you have experienced that yourself. Especially right before a big match, all sorts of worries come into your head "What will happen if I lose? What will happen if I get an injury? What will happen to my salary? What will the people think?,,,"

After starting meditation for a few days, thousands of memories of my life began to flood into my mind. Memories of my lonely childhood and my memories about bad games... the most surprising thing that I realized was that it was not just my mind, but also every single cell in my physical body that had been storing these memories. And thanks to meditation, I understood why I kept making the same mistakes.

I think any athletes will know that at the most critical moment, you repeat the same mistake that you have made before. It just comes out unconsciously. You thought you have finally overcome that mistake through repeated practices, but then the match goes into ruin in that critical moment. And I understood that it was the memories of my

physical body that caused these unconscious actions. I felt like I finally found the answer that I thought I would never be able to find.

The biggest change for me after practicing meditation is that I can now solely concentrate on my game. It's like I have gone back to how I felt at the very first time when I started to play squash, the feeling of simply enjoying playing it. And I found myself playing squash with a smile on my face. And

because I could now play the game with my mind at ease, I could also read the other players' next move beforehand. Because my mind and body were no longer locked by my previous memories, I was able to control the game the way I wanted it to be.

Since 2010, they changed the rule about National Competition from individual to group tournament. Naturally, teamwork is very important for the tournament and three squash players, including me, were trained as a team together for 2 months.

The best thing about training together as a team was that we did a win-win play that supported each other. For instance, when the other player actually saved a ball that I thought he was going to lose, it helped me stayed focus. I also thanked the opportunity for being able to see other players' styles of playing which helped me to improve my own skills. And I was no longer keep looking back at my



old mistakes, but was able to get myself ready for the next move by treating my mistake as a lesson.

If you can perform as much as you have prepared at the actual game, you can't ask for more. I wish that all athletes could do this through meditation. A lot of the athletes do not know why they are playing sports. Some do it because of the pressures they get from the others. And because of that, even after you win, the happiness lasts really short. Then you feel this big emptiness and then you suffer because of this empty feeling. But I realized that all the answers lie within me. I hope everyone can find that fundamental answer through meditation. Cham

