

# A New Age



**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.

Now is the age of new heaven and earth,  
when heaven, earth and man are saved and live,  
and the consciousness of the world reaches its peak -  
an era when all religions are transcended.

It is the age of man, when man is the highest:

When heaven and earth exist in man, inside man's will,  
and man lives as the master, accumulating blessings  
and living within those blessings.

Each will become the master, a Buddha, a king, within himself.  
He will become the master of the world and be without death,  
without the heavy burden and pain of human affairs,  
and without the judgment of good or bad, likes and dislikes.

The preconceptions and habits that man has,  
are just his mind, his illusionary self,  
but they do not exist in the world.

It is the age,  
when one can go to heaven while he is living -  
the heaven which until now he has only heard of;  
when buddhas, saints and true people -  
those beings we have only heard of -  
come forth in great numbers;  
when he who was dead inside his mind

becomes one who is living;  
when resurrection and rebirth happens for man.  
Until now, countless many have tried and failed to find their  
true selves, but now is the time, when anyone can find his true  
self and become a saint.  
Man was inside a dream and he was ignorant,  
but it is now the age when he can know the ways of the world.

Now is the time  
when all that has been spoken of is fulfilled;  
when heaven and paradise we have dreamed of comes to pass.  
A time when man no longer struggles to appease his feelings of  
inferiority, and all people in the world become one;  
a time when there are no divisions between nations  
and everyone is one;  
a time when religion, philosophy and ideology become one  
and saints live working for the betterment of others;  
a time when the sky has become low and within reach,  
and people live in the sky, no longer feel inferior  
and lack for nothing.

In other words, it has become a time beyond human  
conceptions and behaviors; a time of achieving completion

when people do not die after death, but live forever;  
a time when this world and the world beyond are not separate  
but one; a time of endless laughter;  
a time when there are no songs of lamentation for the dead;  
a time when man has wisdom and no thoughts or delusions,  
a time when the world is a good place to live  
because people are no longer foolish and work hard;  
a time of the land of Buddha;  
a time free of the seven emotions and five desires,  
free from birth, aging, sickness and death;  
a time when this place here on Earth is heaven;  
a time of a humanitarian world living in harmony;  
a time when all become one and live forever;  
a time when one becomes God;  
a time when one becomes Buddha;  
a time when one lives with nature's flow;  
a time without greed, when no one thieves or robs  
and people do not do each other harm.  
In a time when we can live without the law,  
we must discard the evil, selfish, human mind  
and change it into the mind of God.  
It is the time to live reborn in the land of God. 마음



# Feeling Peaceful

## Entering into a white world

Written and photographed by **Joo-won Kim**



A few years ago, I was snowed in and had to stay in  
a small village.

There was no one to be seen and the tiny sounds  
of snowflakes falling down from the sky was the  
only thing I could hear, together with the sound of  
winds and the sound of dancing trees ...

They were alive and they were breathing.

The heavy snow made the man-made subjects  
dysfunctional.

Instead, wild grass that no one cared, a snag,  
excavated land, an island that was about to  
disappear due to over mining and a rolling rock  
began to expose their beauty to me.





Since then, I would go to anywhere where it snowed. I would be there at dawn and start shooting when the snow was thicker than 1m. There were times when I had to risk my life due to heavy snow.

But it was not the fear, but the peace of mind that I felt when I saw the wonder and silence of the snow, just like swimming amongst the white clouds.


The color of white connotes nothingness, like piece of white paper. But it also has the ability of creating colors when it captures lights.

In other words, the color of white is also the state of existence. The world of white does not need to have anything because it has everything already, and because it does not have anything, everything is more affluent.

It makes me think of the wonder of nature, beauty, and the value of existence.

White is the pureness without embellishment.

It's the natural beauty of our land, but it's probably a world that we can only see when it snows.

It's a world where my self is being purely exposed, it is the world that purifies things that are unnecessary. 



Photographer **Joo-won Kim** works at the agency ZAKO. His "WHITE" series consists of photos of snowfall that he took in five years (2009 ~2013) in Gangwon Province and the Westcoast area in South Korea, and was invited to be shown at the 2012 Biennale of Contemporary Art in Spain. Joo-won Kim's books include <Joo Won Kim's Introduction to DSLR> and <WHITE>.

This is a Korean folk tale.

A woodcutter went to cut woods in a mountain.

He was trying to remove the vine, but it turned out to be the tail of a sleeping tiger. The woodcutter got so startled and he climbed up to the tree, and the angry tiger kept shaking the tree from the bottom.

The woodcutter got so startled so that he fell down from the tree, and he fell down on the back of the tiger.

This time the tiger got so startled so that he shook his body, and the woodcutter tried hard not to fall down from the back of the tiger.

The tiger then started to run so that the woodcutter could fall down, and the woodcutter gripped the back of the tiger even tighter in order not to fall down.

A famer who was working under the scorching sun saw the woodcutter and the tiger and complained: “ I have been working so hard sweating under the sun, and yet some guys have all the luck to travel around by riding a tiger. “

The farmer was very jealous of the woodcutter who clung onto the back of the tiger for saving his own life.

There are times when others look so happy while I am the only one who suffers.

When I’m working so hard, others seem to have an easy life. But if we look at the reality, people’s lives are quite similar to each other.

The key is not to compare ourselves with other people.

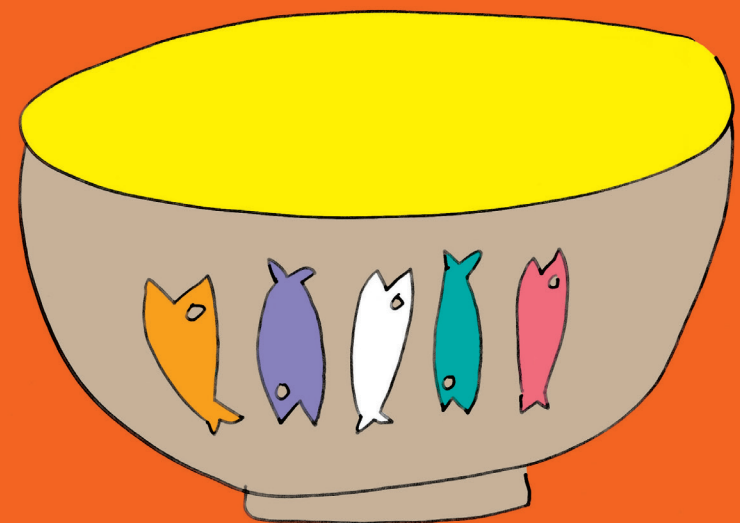
A comparing mind will endlessly make me divide the world into different classes, and will make me feel unhappy.

A mind without comparison will help me focus on making myself happy. Furthermore, it will make me pat on the shoulder of the person who finally reached the top of the mountain after a long journey.

Hence, all we need to do is to remove our comparing mind.

Our 2014 new goal –

being someone who has a big caliber. 마음



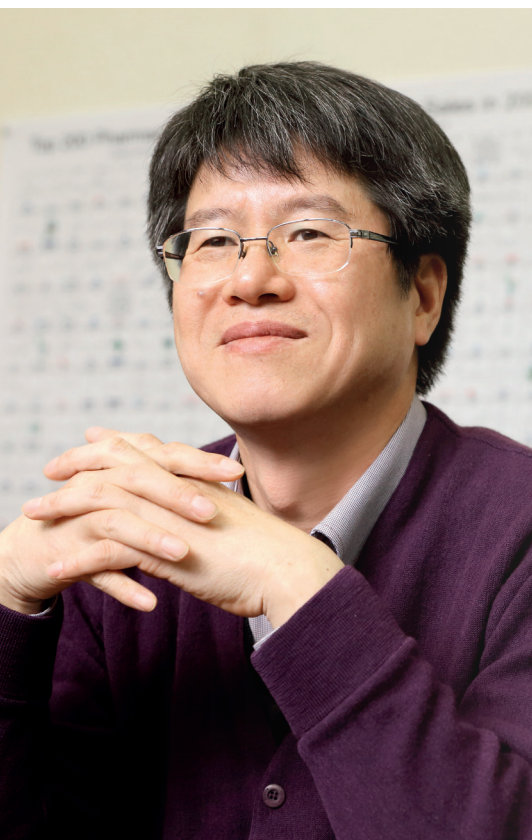
illustrated by Chigyoo Oh



I can now live without stress,  
it's like a dream come true!

Nam Gyoo Lee, Director of R&D Institute,  
Dongwoo Syntech Co. Ltd

Edited by Moon Jin Jung & photographed by Kim Hye Jin

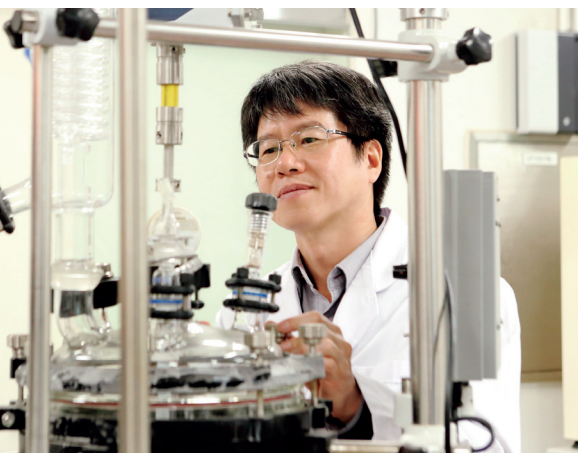


Despite being handicapped from polio, Mr. Nam Gyoo Lee (53) received a PhD in organic chemistry from the University of Wisconsin–Madison and worked in a major pharmaceutical company. Even though he had landed a good job, the pressure from developing a new medicine and stress coming from colleagues, politics, economics, and society made him unsatisfied with his life. Through discarding his minds however, he was finally able to find happiness. He is now able to coexist, just like colorless, tasteless water that purifies and embraces everything.

I was handicapped by polio when I was two. My parents sold our house in Najoo and moved to Seoul for my treatment. Luckily, my symptoms did not become worse. I had difficulty in moving my legs, but that didn't affect my life as much to the extent that I couldn't live a normal life. I was always the top student who came home with prizes from school.

After graduating from college in Korea, I moved to the US where I pursued my PhD degree and everything went smoothly. After finishing my 8 years of study overseas, I started to work in a major Korean pharmaceutical company. While I tried to pretend to be modest when I heard compliments from my colleagues like, "He's got a PhD from a famous college," nevertheless, I was very proud of myself inside. Despite a brilliant career, my head was full of stress. Due to the nature of my work, I had to think over and over for 24 hours studying and reading theses all night long to develop a new treatment product. In the meantime, my relationship with my manager went sour and we rarely got along. I was a Doctor, so I felt the need to be respected, but I felt he looked down on me, just because he was my manager.

I was a person who had high moral standards for character and I was constantly judging people around me by my own standards. As a result, I was never felt satisfied with the people who didn't fit my standards, even though I changed my job so



many times, I always faced the same conflict with the people around me.

At one point in my life, I began to worry about the South Korea and its society; environmental pollution, fossil fuels, nuclear plants,

gene manipulation, high suicide rate and so on. Whether it was politics, economics, or social situations, I felt frustrated by the fact that nothing seemed to work right. And because I was always full of anxiety and anger, I was never happy and constantly pessimistic.

From one perspective, I was proud of my life. But I also realized that there was a big gap between knowing a lot as a Doctor and living a happy life. The world needed to be changed, but I couldn't do anything about it. That was when I started to searching for ways to ease my pain. One day I accidentally came across a meditation pamphlet, and then signed up for meditation.

I tried to “discard” for the first time in my life, from a life that only consisted of “adding”. The amount of knowledge that I gained over more than 40 years was shocking. Thousands of books that I read since the start of my elementary year and

all the way up to my PhD came across to me as pictures. But after throwing away everything I knew, I was finally able to see things from a different perspective, instead of from myself, I saw from the perspective of the universe. Compared to that infinite universe, the knowledge in my head seemed so trivial. Even my belief that the world was not fair, or that the world needed to be changed, was simply my own thought. I was tormenting other people around me by judging them through my own narrow standards. I felt embarrassed that I was expecting the world to go my way when I couldn't even control my own mind.

I also tried to do as much “young nong,” action meditation, as possible. “Young nong” meditation is to grow vegetables and the fruits with the meditation practitioners while throwing away your mind in the nature. I carried the compost while stumbling, and planted seedlings with one foot on a shovel. I used to be a person who couldn't even serve in the army training due to my physical problems, and now, I was so grateful that I found myself enjoying physical work. I overcame the fear that “ I can't do it because I've never tried it before,” and I broke my own beliefs about looking down on work involving physical labor.

The best thing that happened to me after doing meditation was that my head was finally able to rest for the first time in my life. I always thought that being a Doctor, and being a top





researcher was my priority, but after laying down those thoughts, my head bowed down as I began to see the wisdom of nature and the flow of the world.

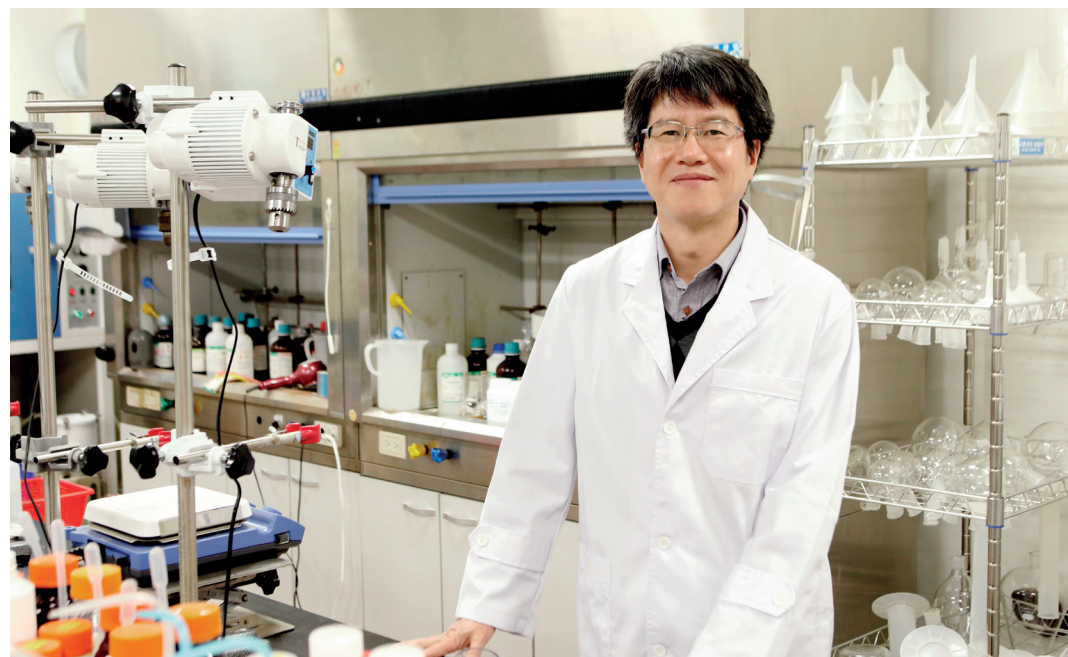
The world has already given all the right conditions for all things to live. I realized the reason why a small plant, a small insect, and the people whom I could never understood existed. The anger and the hatred that were full inside me was gone. The universe mind is like water and wind, as it embraces everything without having to say anything, or like differentiating between “you” and “me”. To live like that, I must change my mind to the universe mind through throwing away “myself”.

To me, who has been using my head during my entire life, to live stress-free as the universe mind is like a dream come true. I was able to concentrate more on my research as my head became clearer. Creative solutions and ideas also came to me more easily. I found myself enjoying having dinner with my manager whom I used to hate so much. Furthermore, I was able to be grateful towards other colleagues who filled up the jobs that I couldn't complete myself.

Nowadays, people are calling me “still water”. Just like the still water that is tasteless and colorless. I am happy with

everything. I find it incredibly amazing if we think about the character of water: it is the most abundant and most important particle in the world yet it always flows to the lowest point. And it embraces all the man-made pollutants and purifies them.

If I'm stressed right now, it is not because of someone else's fault, but because of my own narrow mind. I believe that in a



true ideal society is where all of us can break that mind world, the mind world of stress, can be changed into the mind of water, which can accept everything and always flows to the bottom. 마음