

Idealism

Idealism is Truth itself: the state of completeness. To be ideal is to become Truth; it is when all of one's thoughts and actions are oriented towards Truth. Therefore, an ideal life is when one is born as Truth and lives as Truth.

The reason idealism has not been realized in religion, even though they aim towards it, is they do not have the method to get to the state of idealism. Therefore, they only talk of what is ideal through scriptures, and are unable to reach the ideal world. There are tens of thousands of different religious sects because the scriptures have been interpreted by those who have not gone to the ideal world and human thoughts have become the scriptures. True idealism is reaching the ideal world, and being reborn in the ideal world itself. Then, such a world will be realized.

The way to realize this is to ignore and eliminate one's false self. The origin exists when the false self is gone. When he is then reborn in the mind of the origin, this is the ideal



world.

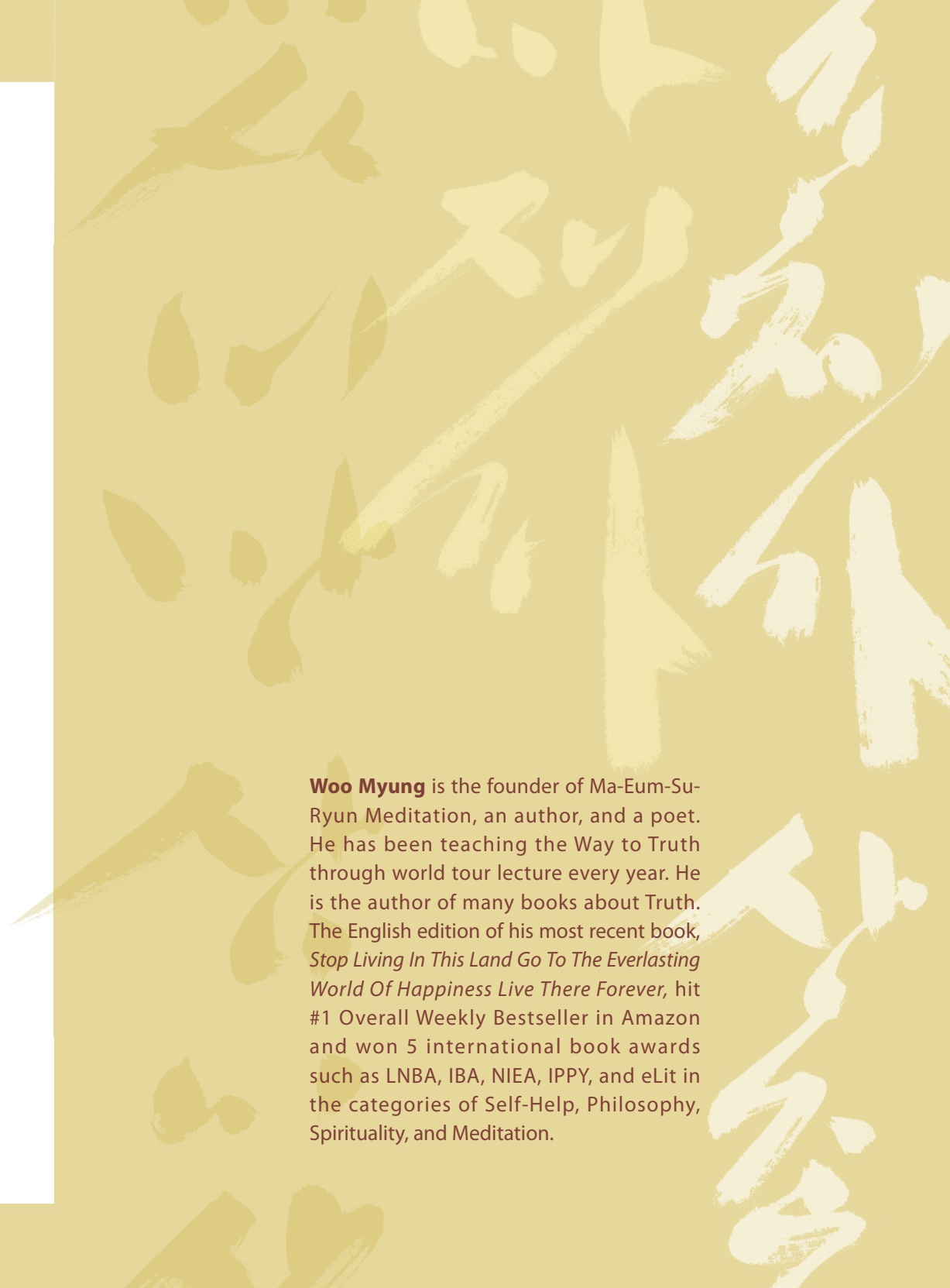
Imagine for a moment that you had never been born - the world still exists. Even if the stars, the moon, the Earth and everything on Earth had not been born, the empty sky that is the emptiness still exists. This is the origin, the source, God and the Creator. When one returns to the mind of this existence itself, and is reborn here as the substance of the empty sky, this place is heaven; it is the ideal world.

Idealism is the thoughts, actions, and life of a person who has gone to this world.

When the realization of idealism becomes possible, it will become an ideal world.

The true ideal world is when the world becomes one mind, when without separation between you and me, the world lives as one. 🌸

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.

In the New Year,
hoping to be the same as the vigorously galloping **horses**



Wild Mongolian horses
which are dashing
through the snow fields

Written and photographed by Li Gang



The year 2014, the Year of the Horse, is the year of blue horses which are the most enterprising and energetic. From old times, just like the old saying 'dragons are second to none for flying, and horses for going through the ground', horses have played an important role in human life for a long time. Not to mention, horses in our culture are a sacred animal, a messenger of the heaven, and also are known as a mysterious creature which can foretell a significant figure's birth. Park Hyuk Geo Se, the ancestor of the millennial kingdom of Silla was born in the egg delivered by a horse, and Ju Mong, that of Koguryo, was reported that he ascended to heaven riding a horse. As a symbol of full gallop and powerful liveliness, and a friend of mankind, horses go all over the world, among which Chinese writer Lee Kang's Mongolian horses are introduced here. – By editor



Horses, inspiring lots of artists, and communing deeply with humans, have maintained partnership with humans, used in farming, hunting, entertainment and even in the war.

Most of the horses that I took pictures of are in the compound of China; there are Native horses, Mongolian horses, Wolf horses, Sandan horses, and Samha horses. Mongolian horses were photographed in the Oranpotong in Inner Mongolia and most of their breeds are improved in Mabang.

The place is located in high latitude and reached 2000 meter of altitude above sea level. Half of the year is covered with snow, and in winter the lowest temperature was minus thirty degree Celsius, and the wind blows hard. Even though Mongolian horses are usually not so big and fast, they are excellent in adapting to environment.





Snowland Horses



Seeing the Mongolian wild horses playing around in the snowy scene of winter, it emanates a mystique of life. A snow white field in winter, scatteringly falling abele leaves like white paper, light sky-blued shadow under the sky, and horses searching for prey on the snowIn calm and harmonious snow scene, horses race freely, and run and run. 마중



Photographer **Lee Gang** was born in Xinyang, Honan in China, in 1948. He has been interested in horses for a long time. For many years he has been taking pictures of horses going through every corner of the country. In 2009, 'The Horse' won a gold award in the China photography festival. Through the photo of the unrestrained horse, he shows the quintessence of photos of horses.

A man came to the teacher and said: "My life is so hard, I'm suffering because of my stress. Please teach me how to become happy." The teacher replied: "I'm doing the gardening, do you mind if you hold on to this bag while I'm working?"

The man was surprised by what the teacher asked him to do, but he thought that the teacher must be in a rush, so he took the bag.

At the beginning, the bag wasn't that heavy.

But he began to feel the weight of the bag pressing his shoulder as time went by. After 30 minutes, his shoulder had a soaring pain, and the teacher was still working. The man became impatient and asked: "Excuse me..but until when do I have to keep holding onto this?"

"Why did you hold it until now if it was that heavy? You could've just put it on the ground." "What...?"

At that moment, the man was enlightened. He realized that if he wanted to become happy, he could just put down the heavy burdens that he's holding like now.

'To put it down, is to become free from it. To become free from it, I must put down all my burdens in my mind. All I needed to do was to clean up my mind.'

He felt so happy that he found the answer to a happy life. 🌱



Making happy school through meditation

Jung Yeon Hee, Teacher at Jeodong Jr. High

Edited by Moon Jin Jung

Photographed by Choi Chang Won

ds diverged in a wood, and
I took the one less traveled by,
And that has mad all the difference.
- Robert Frost -



Jeodong Jr. high school in Goyang, Gyeonggi, is well known as a non-violence school. They were in the spotlight of media such as EBS in 2012, when they were awarded by Ministry of Education as excellent case of school violence prevention. In the middle of it, there is teacher Jeong Yeon Hee, who is in charge of personality welfare department. She opened up a meditation class for the growing children to be able to look back on themselves and come out of negative memories. Jeong Yeon Hee says that she herself also has had a big turning point after discarding mind.

This is the story of teacher Jeong Yeon Hee's throwing away the false mind and making a school happy place for the students and teachers.

“Now, please close your eyes. Bring up the minds that were giving you trouble....”

Before the class starts, I give students 5 minutes to reflect on today, and quietly think about the minds that they want to throw away. Even the kids who seem to have no problem on the outside, when they are told to write down the minds that they want to throw away, they have a lot to write. Such as ‘When my friend abandoned me’ ‘When my father beat me up’ ‘Fear for test’ ‘Something that happened on my first year that I don’t even want to remember.’

Most kids would be carrying some wounds in their minds that they cannot even open up with parents or friends. After throwing away these memories, the kids’ faces brighten up

quickly, saying 'I'm not sad or angry anymore' 'I feel like a big chunk going off of my mind' 'It's refreshing.'

These days, the kids are quick to receive stimulants from outside and accumulate them in their minds, perhaps because they are exposed to smart phone, internet games and so on. So even in class, I see many kids who have ADHD, and although they are physically sitting in class, they are unable to pay attention and constantly talk throughout the class. They have so much going on in their heads, and it is exhibited with more aggressive behavior. They are very lonely too, since nobody can understand how complicated their minds are at the moment. They are each trapped in their own mind worlds, so even when they are having conversations with other friends, they would be just saying what they want to say to the others instead of listening.

Bullying and school violence starts with the misunderstandings that arise from self-centered thoughts. The kids would take pictures the negative way about others, store them in their minds and believe them to be real. The basis of preventing school violence is to help kids resolve misunderstandings and hurt feelings between them by discarding these pictures in their minds.

From last year, instead of giving detention, we made the kids who caused trouble discard their mind for 1 hr everyday along with some volunteering activities. When I help them discard negative and violent minds, these kids would come to me and express their gratitude later on, saying they feel a lot

more relaxed.

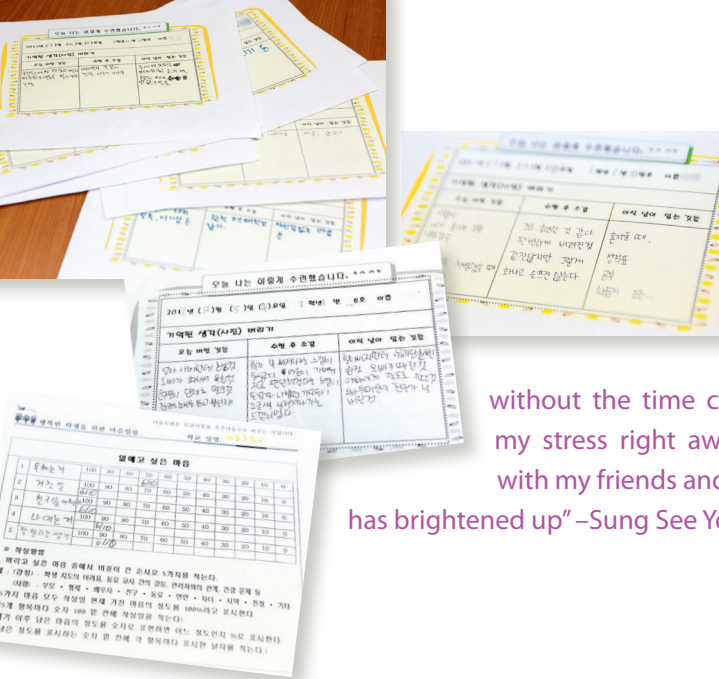
I also had a lot of wounds from childhood, being the youngest growing up with strict, stern siblings. The terrifying image of my sister scolding me with tongs was the root of fear in my mind, and that tension and anxiety has affected my entire life. I remember from that point on that I always used black when I was painting in class.

I started making fixed frames about righteousness, always being self-conscious, comparing myself with others. I always thought I had to be good and never make mistakes. Even after I've become teacher, the students in my class always had to behave themselves and keep the classroom neat and clean. If not, I would nag the students after class until they are all worn out.

Every semester, I would make a resolution. 'This year, I'm going to be a fun teacher and I'm not going to get angry or irritated with the kids. Still, I was unable to build relationship with my students, and I had to rely on medicines to keep myself going.

Teacher Jeong Yeon Hee is running a 'Mind Healing-Coexist', which is teachers' society to practice whole person education and apply the meditation program to schools. This teachers' society was selected as 2013 'Excellence in Personality Education' by the Korean Ministry of Education.





"When I have to apply for counseling, it takes a long time and I get stressed if I can't get counseling, but I can throw away minds whenever I want to without the time constraints. Since I relieve my stress right away, I don't have troubles with my friends and I feel that my personality has brightened up" –Sung See Young (14), student

This was really not a life. I wondered so much about what mind is, and about my mind. Then a friend of mine introduced me meditation, and I started meditating in vacation.

After 3 weeks, there was a great sigh of relief, 'Now I feel like I can breathe'. For the first time, I felt freedom of being able to just comfortably accept people. It was the result of repeatedly discarding anxiety, inferiority, and self-conscious mind through meditation.

I felt sorry to people around me, after realizing that I was tiring them as I lived as teacher, wife, and a mom to them. I had two children, and my first child had a rough time through his puberty.

He was the problem kid who would break every rule, and his teachers would constantly call me to school. It was embarrassing to the teachers who were working with me,

and as a teacher who is teaching other people's children, I felt utterly devastated.

I really cannot control my child... As I meditated, I let go of trying to force an exemplary life to my son. Maybe because he'd also noticed my change, my son said he wanted to go Youth Meditation Camp. After meditating, it was tremendously moving when he said, "I always felt heavy from thinking about you and dad fighting when we were little. I was always scared of you, so after I had gone to school, I would be sweating cold sweat from all that tension. Now I feel like I can finally breathe, after discarding these pictures. Thank you, Mom."

As I continued to meditate with my son, my perspective on the students as a teacher has also changed greatly. Even so-called problem kids, you never know with fragmentary understandings that you get about them at school. Now I am able to treat them without preconceptions and hatred, although they are causing troubles. And more than anything else, I can now sincerely help them discard anger and rage that are stored in their minds.

Before, I would take over every single detail when we are



preparing for events and school festivals because I could not trust anybody. Now I am just enjoying the process of working together with other teachers and getting to know more about the kids, regardless of the result.

For me, there is nothing that makes me happier and more grateful than watching the kids come out of their past wounds and brighten up through discarding their mind. In order to do so, teachers should together make a curriculum for the kids to be able to constantly reflect on themselves through their adolescence.

Through this, I wish to make happy school where teachers are able to embrace the kids with bigger mind, and the kids are able to love and care for each other. 🍵



Students of Jeodong Jr. high school who are enjoying meditation through their classes, with teacher Jeong Yeon Hee. From the top row in the middle, clockwise Joo Jiyeon, Lee Yewon, Sung Seeyoung, Lee Seehyun.