

The Mind of Nature

The sky is so clear,
it is a shade of blue
that appears almost black.
Flowing in the valley between the mountains,
the water in the stone-bedded stream is inexpressibly clear,
and in it, nameless fish dart here and there, playing.

The mountains are high,
and here and there flowers are in bloom.
New leaves are budding on treetops,
in the mountains, wild herbs are sprouting,
and many fresh shoots can be seen on the hardy kiwi trees.

Following the mountain valley,
I stumble on a patch of wild mountain vegetables.
As I forage for mountain herbs
seeking out spots yet untouched by people,
the warm sun, the clear air and water
refreshes my body, worn and stained by the city.
My body feels as light as a feather.
Taking after the surroundings, my whole body feels
so clean, and thanks to all the hiking I did in my youth,
I do not tire despite walking up many hills.

I sit on a large rock near the water to eat my packed lunch.
There is a small waterfall close by
and on a slope near the cascade, a bird I cannot identify
quietly chatters as it flits back and forth.

In spring, there are so many things in the mountainside
too beautiful to enjoy alone;
the day is warm, and I begin to wonder
how long it has been since someone last came by the places
I have been.

These high mountains and secluded valleys are hard to get to,
and I wonder whether anyone has ever been here.

Climbing higher up the mountain,
I can see there are less leaves growing on the trees,
and a startled mountain deer runs away,
casting back sidelong looks as it runs.
The animals and vegetation here in the mountains
live generation after generation, just like people.
Without homes, with only their naked selves,
facing the winds if the winds are blowing,
the rain if the rain is falling,
and the snow if it is snowing;
in the cold if it is cold, and in the heat if it is hot,
they live without words.

Everything that exists disappears,
comes again, then again disappears.
But only I know the principle
that the place they returned to is the origin,
and it is the origin from whence they came.

Trying to seek and attain something from
this transient world,
so many people fight, kill and thief;
in my eyes, they are truly foolish.

One has become the mind of nature
when he is without the mind of blame,
without envy, jealousy or conceit,
without judgment of right and wrong,
discernment of this and that;
when all human minds have disappeared,
his mind is the mind of nature. ㉠

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.

Calligraphy_ Woo Myung

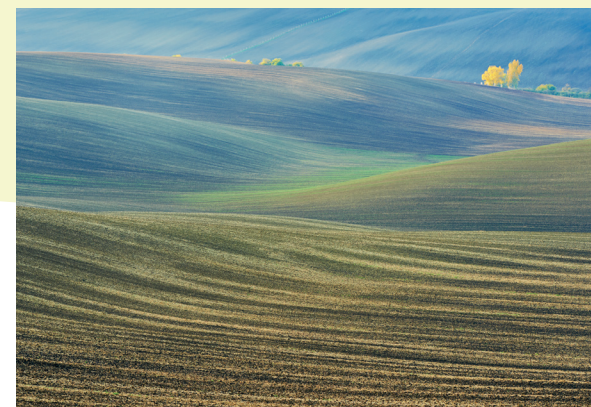


And Becoming One

Searching for *peace*

South Moravia, Czech Republic The land of surging blue waves

Written and photographed by Jeon Jung Ho



One day some photos were presented by an acquaintance.

The picture shocked me a lot.

And last year I left for South Moravia, Czech Republic,
where the land was very fertile and rich.

The prayer of a believer of Moravia, who knelt down for 24 hours
every day for 100 years in Modern mission history might make a
peaceful Mother Nature.



Carrying my camera for ages, and going around many places, Czech Republic was very special. Beyond the harmony of lines, colors and patterns, I can never forget the image of unique scenery 300 meter's wide. Endlessly connected hills and hills not to be able to see the horizon, and the beautiful lines, it was amazing just like blue rugs well decorated.



In spring, lands seem to be rich, so fallow grounds exist everywhere. Black soil wet by the rain, green wheat fields, and yellow rape flowers are boasting their colors here and there. In autumn, even common corn fields make a trace of wheels passed by a combine after harvest. Moreover, sunflower fields waiting for harvest and charring the whole body are in the pattern. Strolling through the field, a roe deer eating buds of wheat and growing greets me. Since then, I've been back five times. Every time the scenery looked different, lines met by hills and hills, and the peace of lines, colors, and sides were all the same. Above all, how many times did I pass the hills searching for the simplified patterns only to find the sublime! Czech fields which have set up my course for photography for 14 years are adorable. The land became a living text book to me. And it develops into the destination of mind for many people to look for the peace. Myself included. 🌿

Jeon Jung ho graduated from Konkuk graduate school of education in 1983. He held KIAF (Korea International Art Fair), team exhibition in 2013, 'One Room One Photo' exhibition, and his personal exhibition, 'Looking for the peace'. Until now he has kept his photo works focusing on the peace in the beautiful land of Czech Republic.



There was a man, who had a lot of questions about life.
“Where I am? Where did I come from and where will I go back?” “Why life is meaningless? Why humans experience pain and happiness?” “Is there not a way to be free from sickness, aging and suffering?”
“Why am I..? Why are we..?”


One day, the teacher came to the man and said:
“It’s natural that you have these questions.
Imagine that there is a stain on your cloth, you will be wondering where did it come from, and how it’s on your cloth. And now let’s say that the mark’s gone and the cloth is clean again.
You will not be able to remember that the mark was even there. Your mind works the same way.
You will be keep searching for answers and you will keep suffering from pain as long as there is a mark on your mind. You have to wipe out that mark that is blocking the true mind. Whether you had a mark before is irrelevant. Once you go back to the original pure mind, you will be able to understand the flow of the nature, and you will no longer have any questions.”

What sorts of questions did you have in your mind today?

The answer lies within, and you don’t have to search for it from somewhere else.

Clean my mind first, when there is a question. 

illustrated by Hong Siya



I'm a **happy** worker
who found the answer
to **happy** worklife

Lee Junwon

Shinhan bank Yongam branch manager

Edited & photographed by Kim Hye Jin

Lee Junwon(49), Shinhan bank Cheongju, Yongam branch manager.
His 23 years of career as a bank clerk hasn't always been that smooth.

2008, a crisis came to him as he was running on a fast track.

Pressure and stress coming from new tasks....

He was able to wisely overcome difficult period of his life through meditation.

Meditation helped him find the happiness

at his work and appreciate his coworkers

"Now I want this to be a workplace where every employee is happy"

Story of Lee Junwon branch manager throwing away his false mind.

I am the breadwinner of the family, father of two daughters. Since joining this bank at 27, I've been a devoted worker, moving up the ladder faster than others. In banks, it's all about sales figures. The bank closes at 4pm, but that's when it all really starts. Marketing task and closing.... Even at home, my head was filled with thoughts about work.

One day, the crisis hit me when I moved to a new department. I was like a new recruit. It was difficult adapting to the new tasks, since they were very much different from what I used to do. The pressure of having to play my part as the team leader was heavy on my shoulder as well.

For 6 months, I was repeating meaningless cycle of constantly having conflicts of opinions and not producing any results. I was growing smaller and smaller. I felt like I was walking this dark tunnel that has no end alone. So weary and worn out.... I wanted to have a time of my own.

I had decided to let go of my repeating routine of my life for a moment.

I walked out of bank and just got on the bus. The view out the window passing by is indifferent, but my mind is heavy. My entire life flashes through my mind. Struggling for success all my life....

I drove wildly into the highway that night, unable to resolve the frustration in my mind. I stopped the car on the shoulder, and sorrow in my heart burst into tears. I'd never cried like that.

What was it that burdened me so much.... And I felt sorry to my family.

My wife introduced me meditation. I see a man in his forties. He has strong pride in himself, that he worked diligently and got assigned to a good department. However, the unfamiliar tasks were the new tests. All these situations unfolded before my eyes.

In the end, it was my pride that was the problem. I kept running away in frustration, feeling that I failed to earn recognition. I felt so ashamed of myself, realizing that I was always turning the blames on others to protect my little pride. Although everyone can have different opinion, my mind was unable to accept it. I insisted that only my thoughts are right, and I realized that it was obvious that I would have conflicts with people.

My head lowers in shame when I realize that it was myself that was creating suffering, not others.

From then, I diligently discarded the pictures that I've been taking in my mind, pride, standards, measurement, and fixed ideas. Then it occurred to me, wouldn't I have been honest with myself if I was just a little wiser. If I accepted that I was not perfect.... There is a saying, that 'Men are dead without pride', and I realized how futile it is. All these things I was able to realize as I came out of my mind. It was the most difficult period of my life, but I was ever more grateful for it in a way because in the end I was able to look back on myself.



I thought happiness was about things working out for myself and moving up the ladders. However, after achieving one goal, happiness is momentary and another goal waits you in a distance. I start running again. The moment I reach the goal, the happiness disappears like a mirage. My body got so exhausted that it was unable to process even a cup of water.

I always saw my coworkers only as competitors. Even at home, I could not open up, holding onto the honor and authority as the head of the family. I felt like there was no place in this world where I could rest. Meditation was the only way out for me. My original self that I came to realize through meditation knew it all. Why I couldn't help but suffer, how I should live... I could finally breathe freely, as if the tie that was tight around my neck started to loosen up.

Office workers are always struggling for survival, it is really a matter of life or death for them. There is no chance to think about why we were born, why we live, and where do we go. At times, the empty feeling would strike them but most of them would let it pass by, caught up by daily businesses. The anxiety coming from the instability of their jobs also gives them stress. However, the moment I regained my original mind, I was able to come out of countless

thoughts that used to bother me incessantly. I realized the wisdom of living in this moment, instead of wasting time with the past of worries about the future that is yet to come.

Now, I am working in my favorite workplace as a branch manager with 14 reliable staffs. My work is to run our branch office, meeting with the clients and taking care of businesses such as deposit management, loan, and product sales.

Now I can see people around me. I am learning to enjoy little pleasures of taking a walk with my wife on weekends and having small conversations. I am also thankful to be able to see the others the way they are. When I meet with the clients, although I am meeting with them for the first time, it's easy and comfortable as if I'm meeting with an old friend. What is really surprising is I have stopped thinking useless thoughts on how to solve a problem when I work. Seemingly complicated problems would be resolved much easier than I'd expected. This was a result of focusing on the resolution of the issue rather than the individual's pride. It was possible because I have discarded my past self and has changed to a new self.

I recommended meditation to my staffs as well. I wanted to share this happiness with them, that stress-free life is possible for every one of us. I am so thankful to the staffs who are with me. My past self could not even imagine going beyond myself and dreaming a better life for my coworkers. I am realizing little by little, that happiness just comes to you when you work for others.

At the end of last year, our branch had a good news. We were



“
I am thankful to my staffs
who are with me
I dream of the happiness of
my coworkers beyond myself.
I'm realizing little by little
That true happiness just come to you
when you live for others.
”

awarded for customer satisfaction. It is only possible when the evaluations are constantly good throughout the year, without a single mistake. All thanks to the staffs' efforts.

My steps are light as I head home. The crescent moon is bright on the night sky. I look at my mind, and it has no regrets or insufficiency at all about today. Days coming and passing by without regrets remaining. Would I even have imagined that such a day would come to me?

I'm a happy worker now. 🍵