

What Is
Truth;

What Is
the Existence
of Truth?

Worldly preconceptions teach us that Truth is something that is eternal and never-changing. I, too, teach that Truth is eternal, never-changing and living. I also teach what worldly preconceptions do not - what the existence of Truth is. It is the place before all material form was created; in other words, Truth is the emptiness that remains when you take away everything in the sky that is the Universe - the stars, the sun, the moon and the Earth and even all material substances from the air.

Truth, the emptiness, is an existence that is alive; it existed before the beginning, exists now and will continue to exist for all eternity. This existence is the origin of Truth. Everything that exists in the world appeared from this place of non-existence. Since all creation came from this existence, whether or not those creations exist, they are this existence.

This existence always just exists, but man cannot see or know this existence that is the origin and the source because it does not exist in his mind. The human mind is a mind that takes pictures of the world. The sky or the Universe inside a picture is not alive, which is why man is not able to know this existence. It is not possible to see or know this existence unless one's mind becomes one with it.

This existence is the living God which existed before the beginning of time and which will continue to exist after the whole world has disappeared. Religions call this existence God, Buddha, Allah and the Creator, amongst other things. This existence is the master of the world that created the whole of the Universe. All material forms in this world come from and go back to this existence; this is Truth and the way of the world. Where do all the numerous people, animals and plants go after living on the Earth? Haven't they vanished? Haven't all these things gone back to the place of non-existence, the emptiness, which is the origin and the source of everything? This is the way of the world. Whether or not something exists in material form, it is always this existence.

When the existence of Truth comes to this world in human form, the world can be reborn as the body and mind of this existence in the world of this existence, namely, heaven. Then this world of heaven is the eternally living land with no death. This world is a spiritual land beyond material existence. It is the land of the Holy Father and the Holy Spirit, the land of Dharmakaya and Sambhogakaya and the land of the Soul and Spirit.

Heaven is the place where the material realm in this world has been reborn in the land of the origin as the Soul and Spirit of the origin. Nothing that is material in the world is eternal; however, the sky of the Universe - the existence of Truth - is eternal. Therefore, only when one is reborn with the body and mind, the Jung and Shin of the original sky, which is the heaven amongst heavens, can he become Truth and live for eternity. Truth is that which exists; it is eternal, never-changing and alive. The empty sky, where all material things have been eliminated, is the source, the essence and the original Truth. ㉠

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



If planting, it becomes soil, and if stepping on, land
The scenery of a farming village to greet the spring seen in the sky

Photo by Shin Byung Mun & written by Lee Min



Seeing the land with the eyes of the hawks flying in the sky, could it be seen even to the trivial things of life? All these things such as grass, soil, pebbles, and sand were shown at a glance, and ingrained into one heart? Climbing the mountains

and crossing the rivers, and following the wind passing through the field, the things that are carved into heart and eyes are running rivers and curling rice field, and shimmering haze. At the spring land of picking golden bell to the mouth and

a flock of chicks trotting, new flesh just like warm fuzzy grows in the heart which was heartbroken at losing its hometown. Father holding shovels goes to the field full of early-morning mist, and fills it up with heaping shovelfuls. When mother placing a basket of rice on her head goes out to scatter it on the full-of-sunshine field, new bud of barley is shaking with haze enrichment, and moisturized cream-colored water percolate in each furrow of rice paddy and farm. A lark caroling


spring day, when farmers make furrows and plow the field, strolling along the river or field path is the most blessing on earth. In the gentle wind and warm sunshine, if flickering memories come out, it's better to walk on bare foot. The vitality of the earth and the sky will course through your blood vessels. Fields are the land and the land is the soil. Rivers and mountains make fields grow and enrich the soil. Fields are the breast of Mother Nature, and the mind of farmers,



A cabbage patch in Gochang, Jeonbuk Province

and the mind of farmers are soil. When the frozen land melts and soil becomes wet, and begins to turn green, farmers become excited. At this moment farmer's heart is the richest. However, at length we begin to talk. The story about the land ends up focusing on farmers' mind. As it is the DNA that harbors undeniable hometown in our spirit. And it is also the joy of living. The things which make us happy are filled in the fields: barley, rice, sweet potatoes, potato, vegetable, corn, soybean paste,

pepper paste and green chili, etc.

When spring comes, farmers in full-of-spring sunshine field spading, plowing, hoeing, and shoveling, they wait for between-rice meals. Farming is for joy to eat these meals. The crops in the field may grow up having between-rice meals and rice wine. When the haze is shimmering after solar term , Wusoo, Kyungchip, I'd like to go to the field to eat rice in the lunch box and scatter it. 

Photographer **Shin Byung Moon** has a strong sense of vocation to enlighten the value of this land and its preciousness through the photos of landscape of our land, riding a personal plane in the sky to take pictures in person. He is doing his project to record Korea with photos on land and in the sky for five years. His book is <Soaring up - A new discovery of our land seen in the sky>

The writer **Lee Min** is a travel writer, and writer of Café Interior. In 2009, after walking from Mokpo to Seoul, he wrote a book, Walking Journey Through National Highway 1, which contains life stories felt from his traveling. Other books include the co-written 'Soul Road,' and 'Walk Slowly Looking at the Sky' etc.

Scenery of rice planting in Hampyung, Junnam province





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 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 your mind first, when there is a question. ☺



The one thing
you must to do
for good music –
meditation

The meditation story
of the oboist, Shin Ji-hye

Edited & photographed by Choi Chang-won

Ji-hye Shin is a promising, talented oboist. She returned to Korea after completing her study in Germany and now is the lead oboist in many orchestras and chamber music ensembles, while teaching at the Korean National University of Arts and Kyungpook National University. As a former student of the Korean National University of Arts, her professor Yoon Jeong Lee once said that “Ji-hye has outstanding musical talent. However, I value her most in her steadiness and consistency.” Ji-hye said that she could not have come this far as a steady top oboist without truly emptying herself.



Oboe in an orchestra, is responsible for getting the first note right before the music starts. So before the orchestra begins, an oboist would play “A” and all the other instruments player tune their instruments according to that “A”. So you can tell whether an oboist is a good player or not by simply listening to her “A”. If you get that “A” wrong, the entire orchestra could go wrong. Thus, it’s quite a nerve-racking task for an oboist.

A music career only looks grandiose from outside, but it’s actually an endless journey of competition to get into a good school, then competition for winning auditions.

I grew up with music ever since I was a child. My mother was a pianist, so I always listened to the sound of music. She took me to numerous orchestra concerts and classical music solo concerts. Therefore, it was natural for my mother to make her daughter study

music. At first, I studied piano and cello. Then, in my first year of middle school, I started to learn to play the oboe. Its sweet sound really moved me, and that was how I picked up the oboe seriously. Even though the practice was tedious, I enjoyed the feeling of being the center of attention when I performed on stage. However, I never felt truly happy. Oboe is an instrument that you play with your breath, so your inner emotions can be easily exposed to the audience. My professor used to say to me “it is extremely important to always maintain a steady pace in your mind as an oboist,” but I didn’t know how.

Then an opportunity came when I was able to change myself. I started doing meditation in my second year at college. I planned to do it for a week, but my mind felt so peaceful after doing it. So I continued to practice meditation, and I have changed so much since then. Feelings of anxiety and stress are all gone. Also, my oboe skills improved as a result.

Then in 2007, I went to study at the Mannheim University of Music and Performing Arts in Germany. That is when I started to get cold feet since I felt like nobody was there for me. When I felt lonely in a completely different environment, it was the meditation center in Paris, France that gave me real comfort like



Reeds for oboe. A thin strip which delivers breath from the mouth to the instrument. Oboists make and trim them by themselves. Sound of oboe is influenced by reeds 80% and so oboists make them elaborately. Depending on oboists’ minds, the same instrument sounds different.

home. It was the closest meditation center from the city I lived in and took 3 hours by train. I met a lot of meditation practitioners there, a Korean language professor, office workers and Korean students studying in France. They were all gathered in one place for the same purpose – throwing away the false mind. There were always delicious dishes to eat and everyone was so friendly there and willing to help me at any time. Thanks to the people at the meditation center in Paris, I was able to throw away the difficult times I encountered during my study in Germany, and regained my confidence to overcome challenges in my new life.

And one day while I was doing meditation I realized that I was holding onto something very big in my life, the oboe. I couldn’t imagine myself without the oboe, I was able to feel confident in the public with the oboe and the audience loved me because of the oboe. It was my great attachment to the oboe that was actually confining me. The oboe defined who I was. I had to improve my skills in order to attract the attention, but yet I always felt anxious and worried

Ji-hye Shin graduated with a bachelor’s degree in art history from the Korean National University of Arts, a Diploma from Mannheim University of Music and Performing Arts and a Performer’s Diploma from Berlin University of the Arts. She held a recital and the Gumho Young Artist Solo Concert last year and played as a lead visiting oboist at Seoul Solisten Wind Orchestra. She is the member of the Inners Woodwind Quintet, and teaches at the Korean National University of Arts and Kyungpook National University. She will be performing her solo concert at the Seoul Arts Center this September.



about making mistakes. I was playing the oboe not because I liked playing it, but out of feelings of anxiety and fear that I would be forgotten by the others if I stop playing.

That was when I felt that I must truly let go of the oboe from my mind. For many days and nights, I threw away all my minds about the oboe. And finally at one point, I felt the great freedom of having putting down oboe from my mind, that was when I felt true freedom and true happiness. I realized that I would get the true freedom only when I throw away my music, fame, and love.

People often think that after throwing away, everything will disappear or that they will forget everything. But actually, the world will give you even something bigger. I was only able to truly enjoy playing music after emptying everything from my mind. My attitude performing on the stage changed 180 degrees since then. The performing moments became so precious and I felt so grateful that I was able to do my best.

After doing meditation, I was even able to see the same old music from a different angle. New ideas to express music naturally came up to me. Before doing meditation, I felt like I was performing with an attitude of “do you want to see how well I’m playing?” ming with an attitude of “Do you want to see how well I’m playing?” But now, since I am no longer attached to the judgments made by others about me, I could concentrate more, and the music just comes out like floating water. I feel like I was performing in a narrow world of “Ji-Hye Shin” but now, I am out of that world, I can finally see from a much wider perspective.

My friends also tell me that I look differently than before, they say my face looks much calmer and peaceful now. I think one of the best

things after doing meditation is my heightened concentration. I am able to use my skills and ability 100% because there is no stress in my mind. I am now able to really understand the meaning of being able to have everything when it’s empty.

I think mind control is especially important for music artists. I have seen some people around me who can’t perform on stage without taking mood stabilizer medication. Musical artists express themselves through music. Hence, I think it is important that they take some time to empty themselves first, for the sake of good music. Good music gives comfort and happiness to people. I dream of a day when there will be a lot of people who can become happy after listening to my music. I want to talk to the world through real music without human mind. 🙏



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