



K-meditation & Gwanhwaseon

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Seon & Meditation as Factor of Positive Health

* What makes me happy?

-successful business

- loving family

-social interaction

-peaceful mind / Healing /meditation & realization

* Axis 1/body/...Axis 2 /mind/...Axis 3 /society/...Axis 4 /mind
nature(Buddha nature/spirituality)

* wellbeing : happiness/abundance/wellness/quality orientation

* pursuit of meditation practice/ realization as a factor of positive health



Definition of Health by World Health Organization

Health is a *dynamic* state of complete physical, mental, *spiritual* and social *wellbeing* not merely the absence of disease or infirmity(1998).



soft power/cultural program the Identity of K-Meditation

- *different meditative experiences in multi cultural phenomena
 - 1.samatha/vipassana/...Theravada Buddhist tradition
 - 2.mindfulness/awareness/...imported back from the U.S
 - 3.reincarnation/empowerment/Lojong...Tibetan Buddhism
 - 4. chanting/ Sakyamuni Buddha and Gwanhwaseon/ questioning/
what is this
- *A variety of mindfulness and chanting programs are requested to be newly developed as a cultural program based on the long-standing Buddhist tradition that has been localized in Korea.



Positive Health

Cultural Context of Seon & Meditation

-1. similarities/ethymology...*dhyāna*/Jhāna>

...禪那/transliteration/禪/Zen Buddhism/

...禪/Meditation/冥想

-2. cultural differences

...continental and maritime culture

...influx of Theravada Buddhism/1990s/the conflict with the existing
Gwanhwaseon

-3. Seon & meditation

...seon/realization of Buddha nature

...meditation/peaceful mind/ the public



The Difference in the Understanding of Human Nature Between Theravada & Mahayana Buddhism

*Theravada Buddhism: focus on individual psychological aspect

/Vipassana

-body/feeling/mind/phenomenon

-the three marks of existence : dissatisfaction, impermanence, no-self

*Mahayana Buddhism: Gwanhwaseon

-social connection...instruction/mission/compassion

-enlightened nature(Buddha nature/true nature/spirituality/universal nature/mind nature)

-the three marks of existence: impermanence, no-self, Nirvana



Definition of Seon = Meditation

Differences of Seon and Meditation

1. different object, controversial

...**meditation**, Theravada perspective that takes body/feeling/mind/phenomenon as object

...**Gwanhwaseon**, emphasis on the Buddha nature and sprituality that brings about enlightenment

2. different practice

...**Awareness sati**, concentration samatha, insight vipassana

...**state of doubt**, questioning, experience of realization through urgent questioning

...**Martine Batchelor**

' But then Master Gusan said, 'No, no, no. There is something which is much more fearful, and **that is not to know your own mind**. In order to know your own mind you have to practice the question '**what is**



Definition of well-being = meditation

Meditation and Gwanhawseon in the Modern Context

3. stress / mental health /scientific approach

…**禪/Meditation/冥想**

…focus on mindfulness meditation

4. K-meditation & Gwanhwaseon…research&development practice in the field

…application of inquiry method of Gwanhwaseon in
psychotherapy

… application of meditation techniques to psychotherapy,
education and corporate environment



Ven. Inkyung's Meditation

Four Stages of Gwanhwaseon Meditation

- 1. mindfulness sati /念/ meditation
- 2. placement samatha concentration/止/ meditation
- 3. watching vipassana insight/觀/ meditation
- 4. Gwanhwaseon Hwadu/話頭/ meditation

***practice : creat tension with the hands clasping**

- 1> Be aware
- 2> Concentrate on the strong feelings and stay with it
- 3> Relax gradually and watch the feeling
- 4> Where did the feeling come from and go ?



Thank you
Have a nice day.

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