

**Meditation
and Future Society**

The Age of Stress: What Can Meditation Do?

**College of Buddhism,
Dongguk University**

Seogwang

The 3rd International Meditation Expo

June 19, 2022



Contents

01 Introduction

02 We, at present

03 Functions of meditation?

04 The science of meditation

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01

The motive of the meditation conference: To comfort people suffering from coronavirus stress ...



<https://www.unipress.co.kr/news/articleView.html?idxno=3596>



The 1st Seoul International Meditation Festival

“Meditation, Seoul On”

Meditation, Mental Strength to Overcome Coronavirus

In order to overcome the suffering experienced by global citizens imposed by COVID-19, we present contact-free meditation.
In this online meditation platform, anyone interested in meditation can experience meditation anywhere at any time in easier and safer way.



Pleasure
기쁨



Happiness
행복



Peace
평온



Courage
용기



meditation for police officers meditation for multicultural families meditation for college students meditation for the elderly meditation for couples



meditation for children meditation for preschoolers meditation for healthcare workers meditation for office workers meditation for youth





<https://mind.dongguk.edu>

2021 MEDITATION, NEW CONNECTIONS



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2021 명상, 새로운 연결

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후원 문화체육관광부 서울특별시

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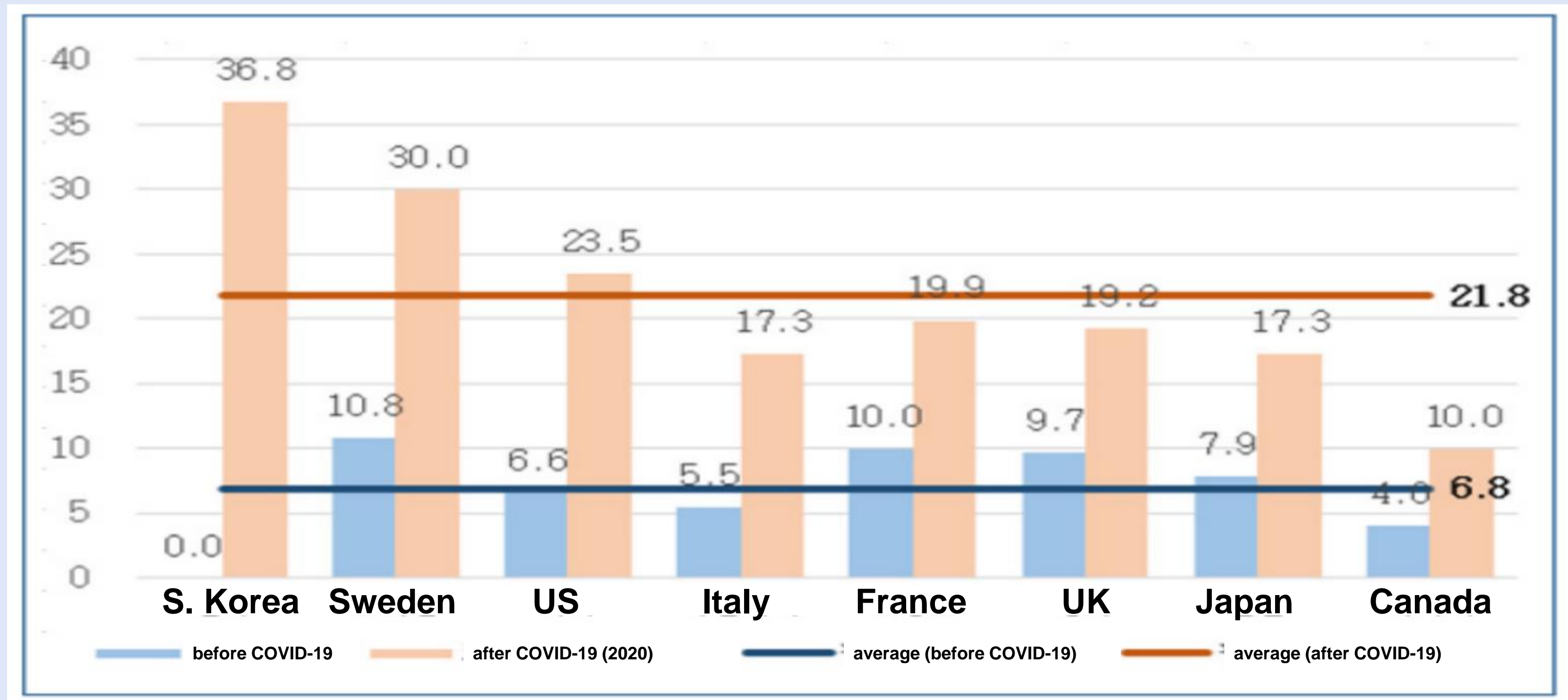
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크롬다운로드

주최 동국대학교   안국대학교 서울국제명상연구소 후원위원회

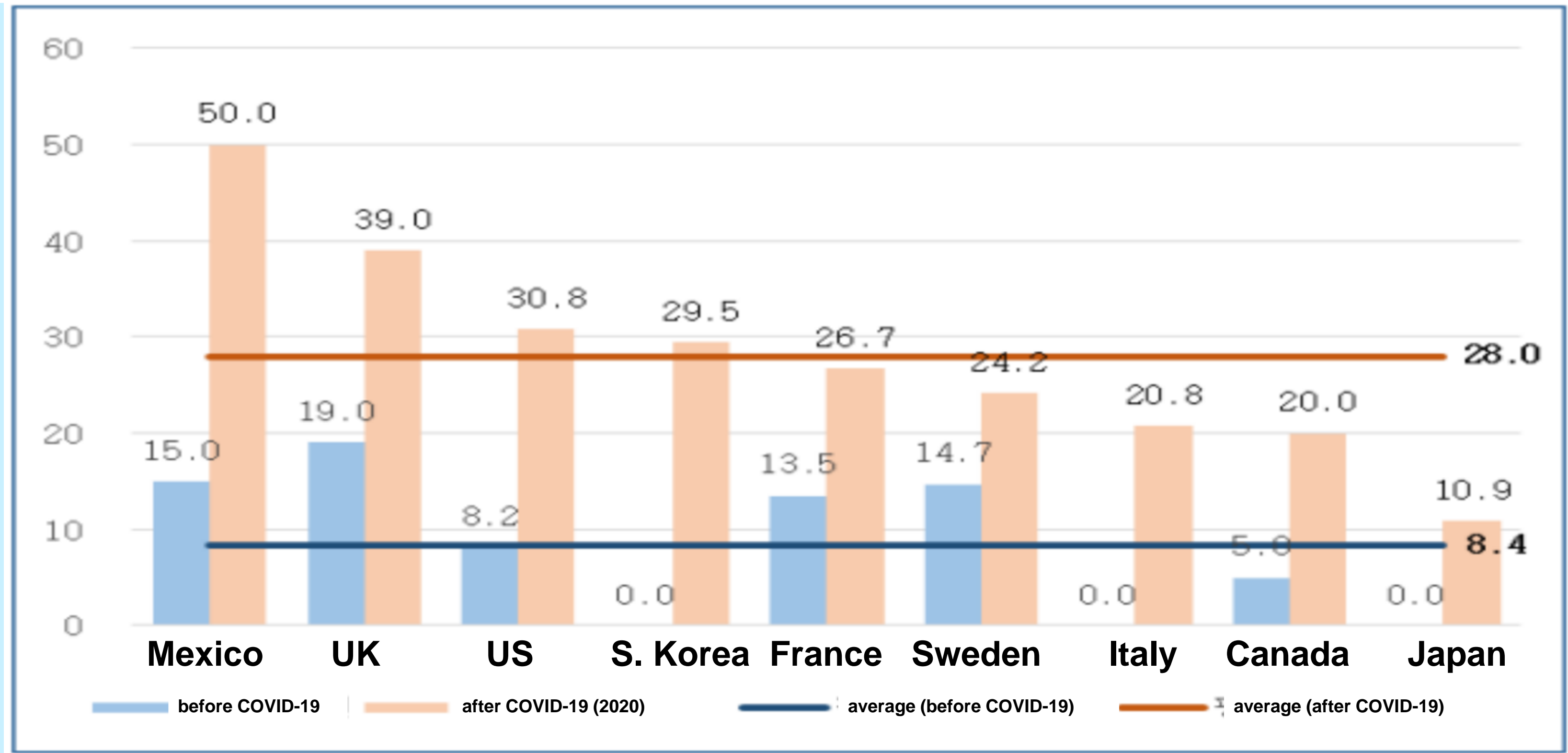
후원  문화체육관광부  서울특별시

Comparison of depression level before and after COVID-19



자료출처: 국회입법 조사처

Comparison of anxiety level before and after COVID-19



자료출처: 국회입법 조사처

Besides,

Increased anger

Increased suicide ideation

**Increased breaking up of
relationships (family members or
acquaintances)**

Worsened physical health

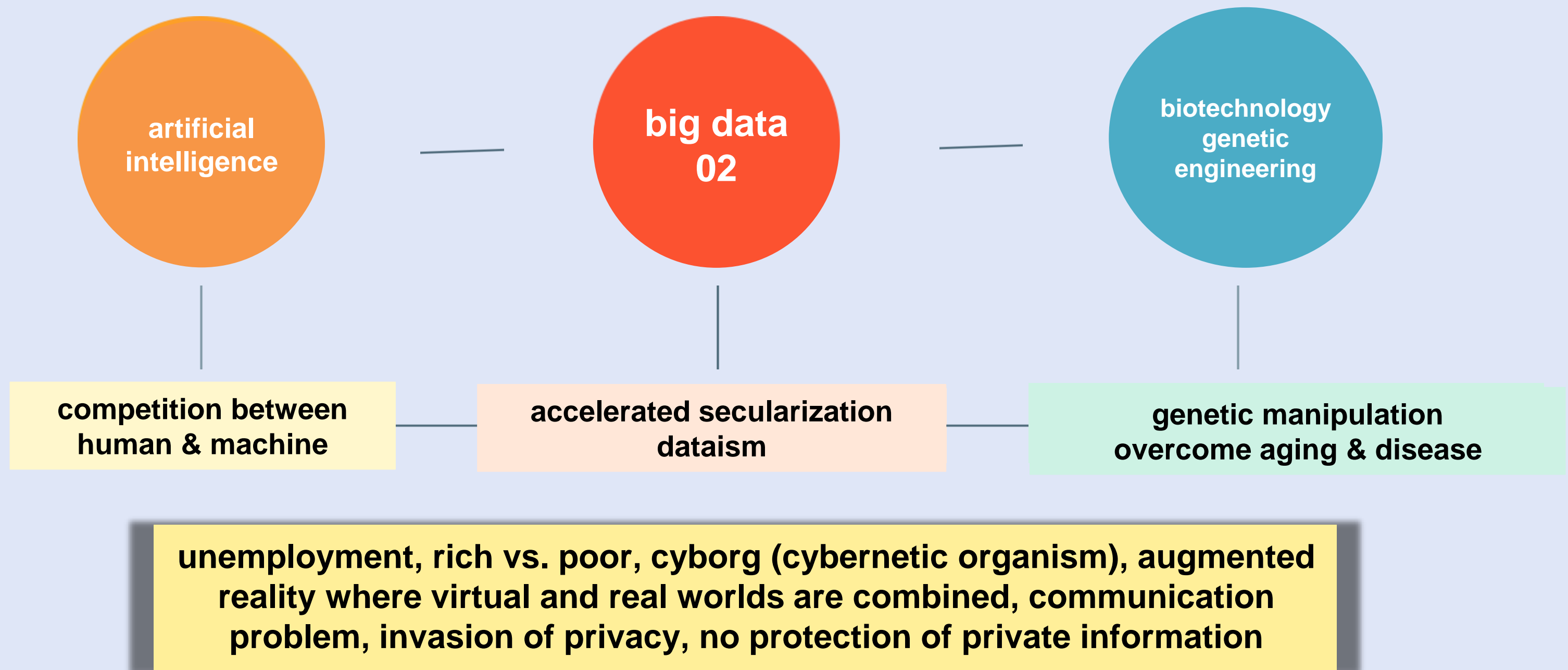
Worsened friendship

Increased sadness & hatred

Climate change, environmental pollution, war, hunger, crimes...



The age of hyper-connection and hyper-intelligence



Dangers of crime



<https://www.donga.com/news/Society/article/all/20210401/106199413/1>



<https://www.donga.com/news/Society/article/all/20220405/112704587/1>



<http://www.healthumer.com/news/articleView.html?idxno=3069>

Now, we are . . .



<https://www.korea.kr/news/policyNewsView.do?newsId=148853491>

Alienated, anxious, divided, polarized, depressed

03

What does meditation do?

What do we want to achieve through meditation?

From the scientific perspective

ill-being → **well-being**

vulnerability → **resilience**
(취약, 연약) (회복력, 탄력, 유연)



Richard Davidson, 2022

How meditation brings these changes:

ill-being -> well-being,
vulnerability -> resilience



<https://talbotspy.org/lifes-lessons-the-keys-to-unhappiness-by-angela-rieck/>

Meditation changes our mind, brain, & body; Test of scientific validity

Analysis of 60 papers from 6,000 scientific papers on meditation

(1) Reduced stress reaction, enhanced resilience

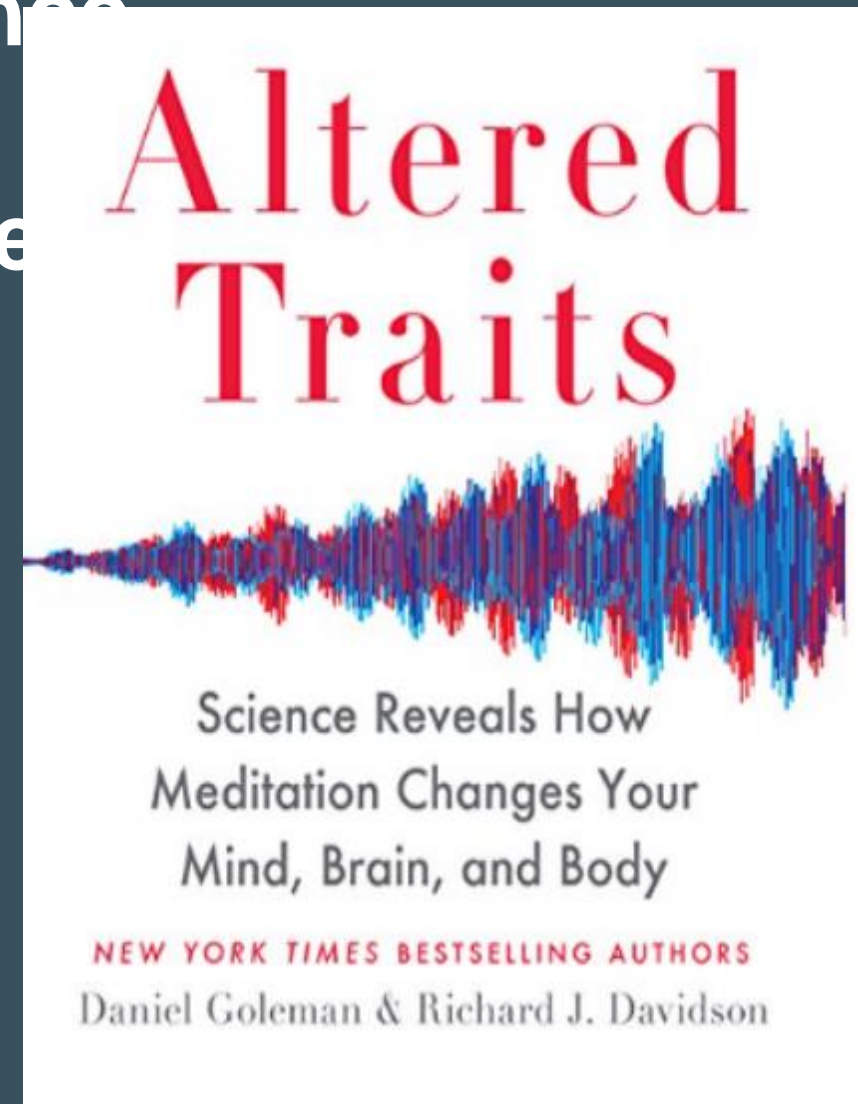
(2) Increased compassion & compassionate behavior

(3) The core of retaining attention

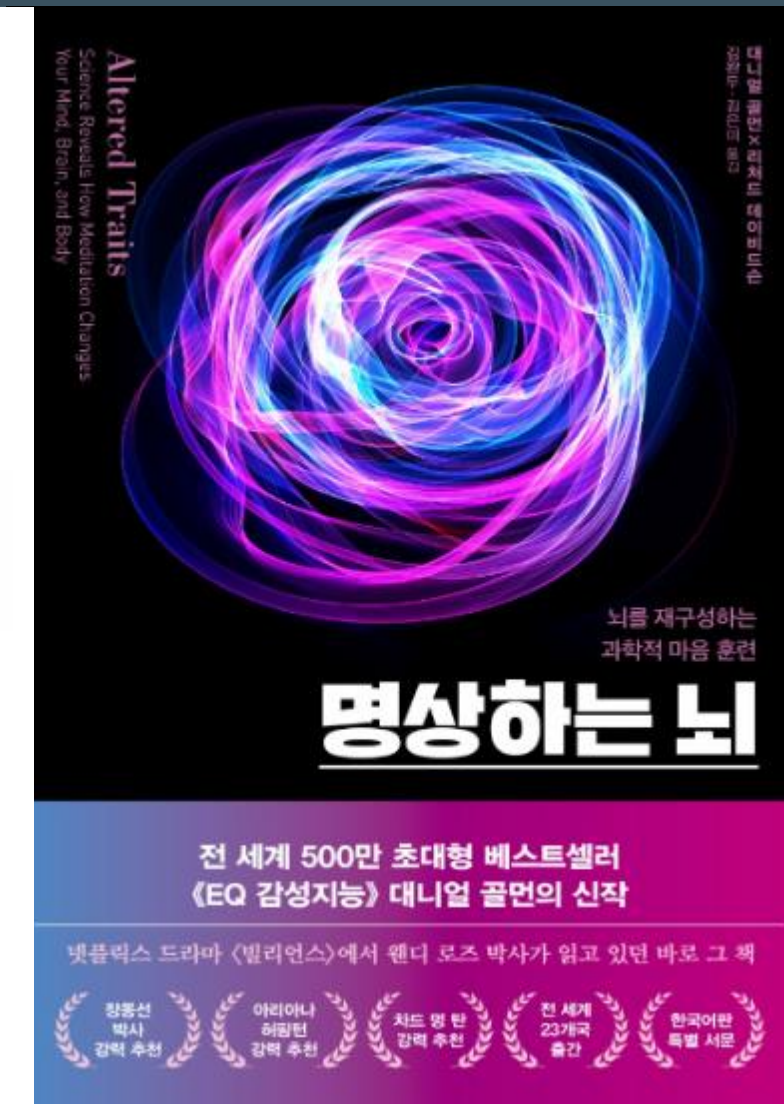
(4) Reduced attachment to self

(5) Increased physical health

(6) Effective for alleviation of mental disorder



2017



2022

Meditation induces epigenetics & neuroplasticity.

Mindfulness, compassion,
loving-kindness, gratitude...
With meditation one
cultivates good karma and
one grows.

Retained in one's mind, brain, body



Enlightenment can be genetically inherited
bet. Generations.

But a wise prescription is needed to apply most suitable trainings and
means
for each individual

Epigenetics, neuroplasticity

Epigenetics: Without changes of DNA sequence or genetic information, modification of gene expression occurs and this change is inherited.

Neuroplasticity: Existing neural networks are rebuilt and reshaped following new learnings and experiences

Ex) Traumatic experiences induce epigenetic changes, inherited to the next generation

- Traumas induce neuroplasticity and epigenetics

- Karma induces neuroplasticity and epigenetics

- Repetitive actions & habits -> Affect next life – Induce neuroplasticity and epigenetics

Silver fox domestication experiment

Dmitri Belyaev, 1959

After 40 years



Wild silver fox



Domesticated silver fox

<https://m.cafe.daum.net/ssaumjil/LnOm/2815414?svc=popular>

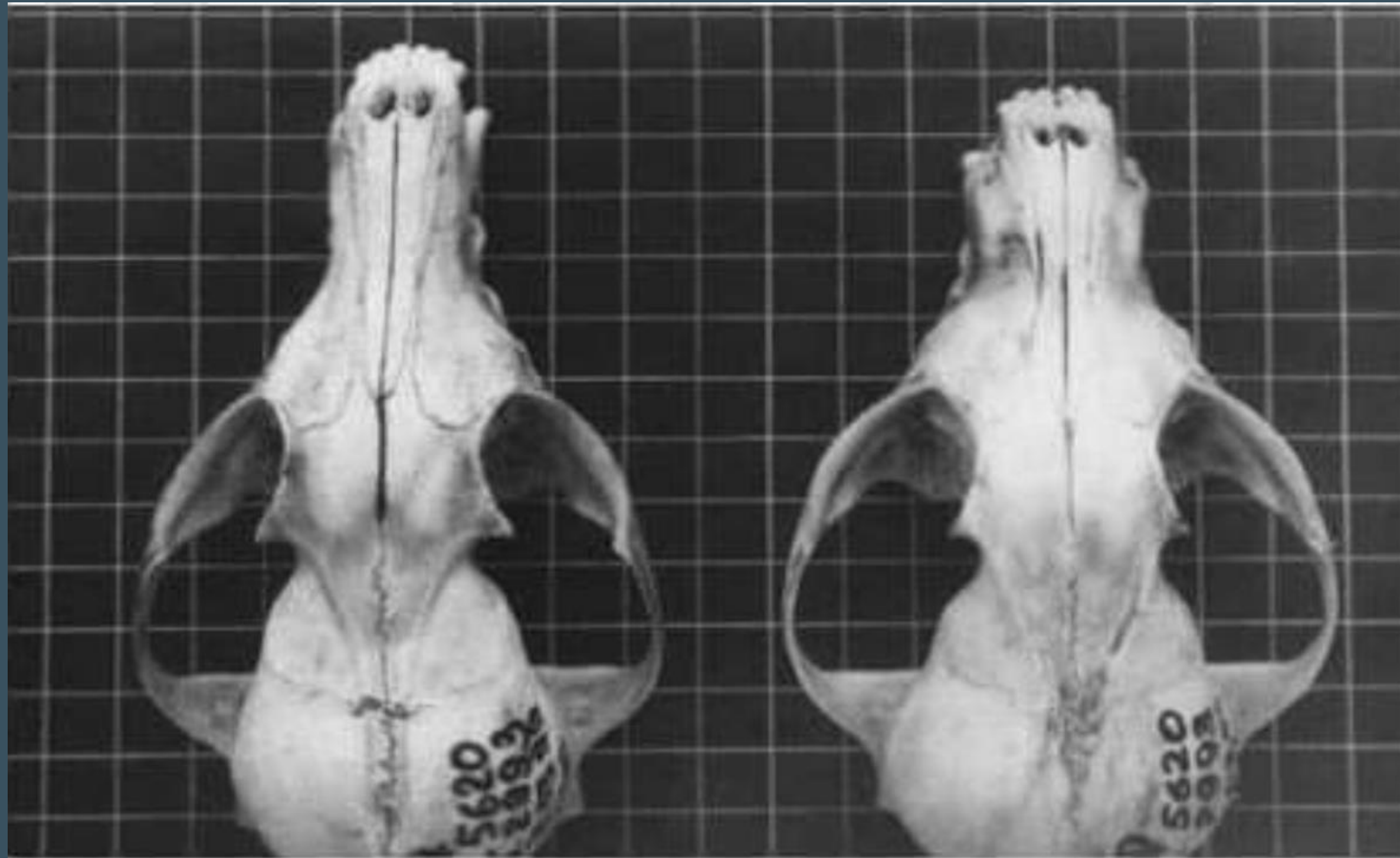


Wild silver fox



Domesticated silver fox

Cranial bones change; widened cranial bones, shortened nasal



Wild silver fox

Domesticated silver fox

Domesticated silver fox



Act like dogs; groaning, wagging tails, licking,...

04

Meditation research, education, practice

Education. research. Practice.

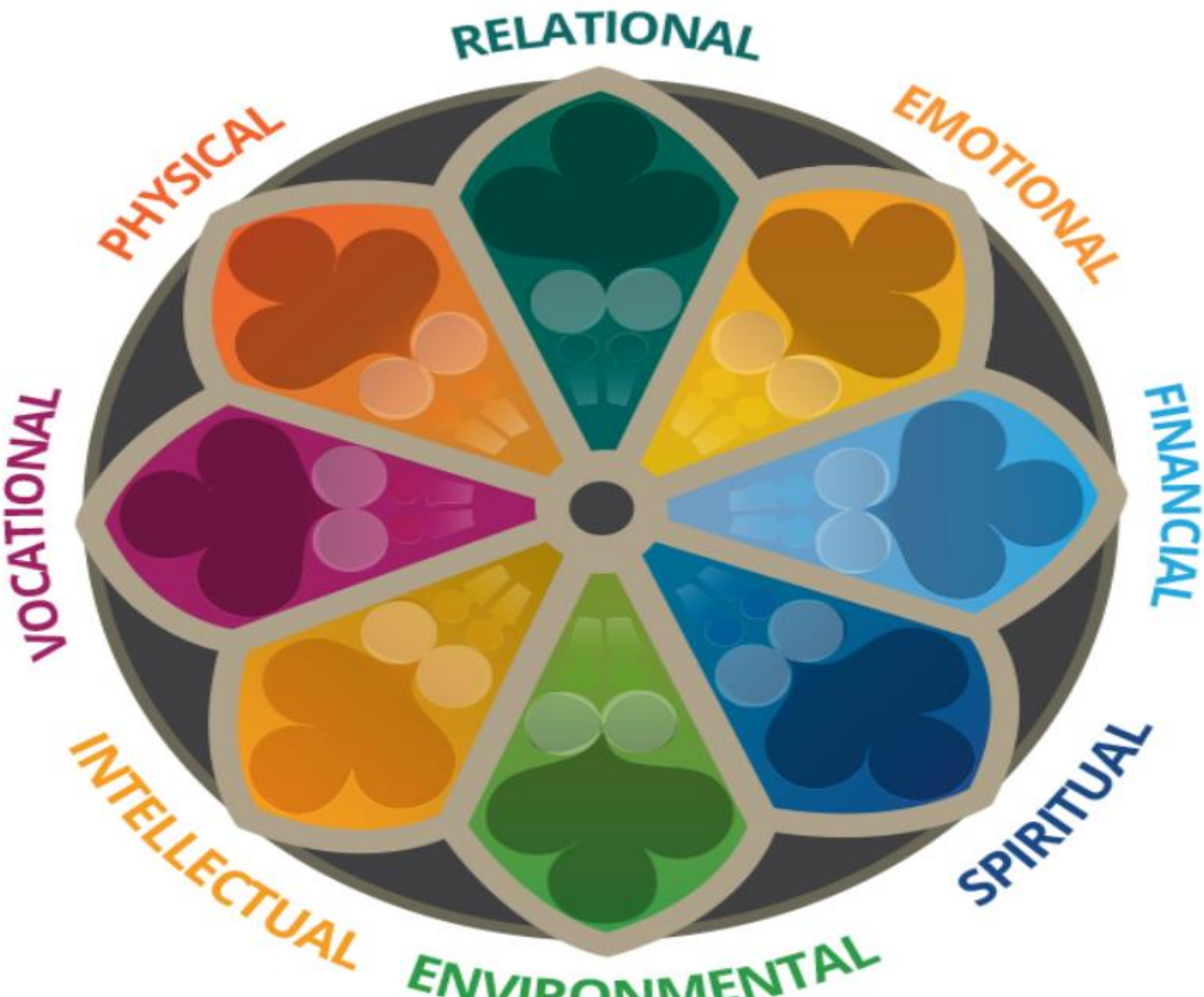
universities

businesses

organizations



WELLINGBEING FRAMEWORK



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**Stanford**
MEDICINE

THE CENTER FOR COMPASSION AND
ALTRUISM RESEARCH AND EDUCATION



[ABOUT](#) [RESEARCH](#) [EDUCATION](#) [EVENTS](#) [VIDEOS](#) [BLOG](#)

UPCOMING EVENTS



Awakening Humanity at Work

June 24, 2018
[View Details >>](#)

FEATURED VIDEOS



Power of Compassion & Importance...

Dr. James Doty
Director, CCARE

COMPASSION RESEARCH

Peer-Reviewed CCARE Articles

The effects of Compassion Cultivation Training (CCT) on health-care workers

Scarlet, J., Altmeyer, N., Krier, S., & Harpin, R. E. (2017). The effects of Compassion Cultivation Training (CCT) on health-

COMPASSION EDUCATION

Certification

Deepen your ability to share the science, philosophy and pedagogy of compassion and get certified as a Compassion Cultivation Training (CCT) Teacher

Courses

Learn to develop the qualities of compassion, empathy and kindness for oneself and for others



IAP Event

Innovation and Social Justice with Manish Bhardwaj

January 12, 19 & 26, 2022 @ 11:00 am EST

<https://thecenter.mit.edu>

[Events](#)[News](#)[Giving](#)

Image Gallery



Mindfulness Center at Brown



Research

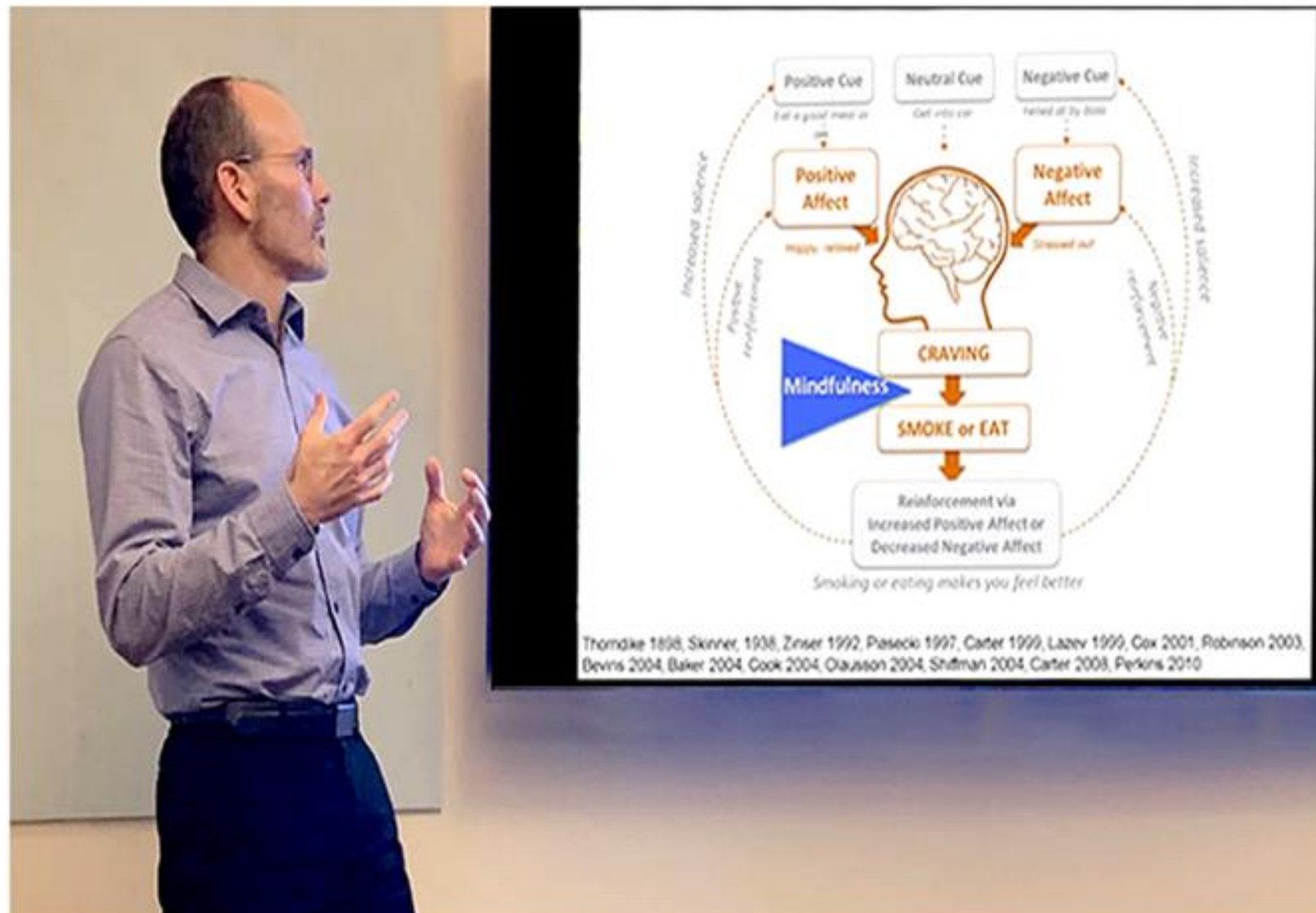
Mindfulness Training

Programs

Collaboratives

News and Ideas

People



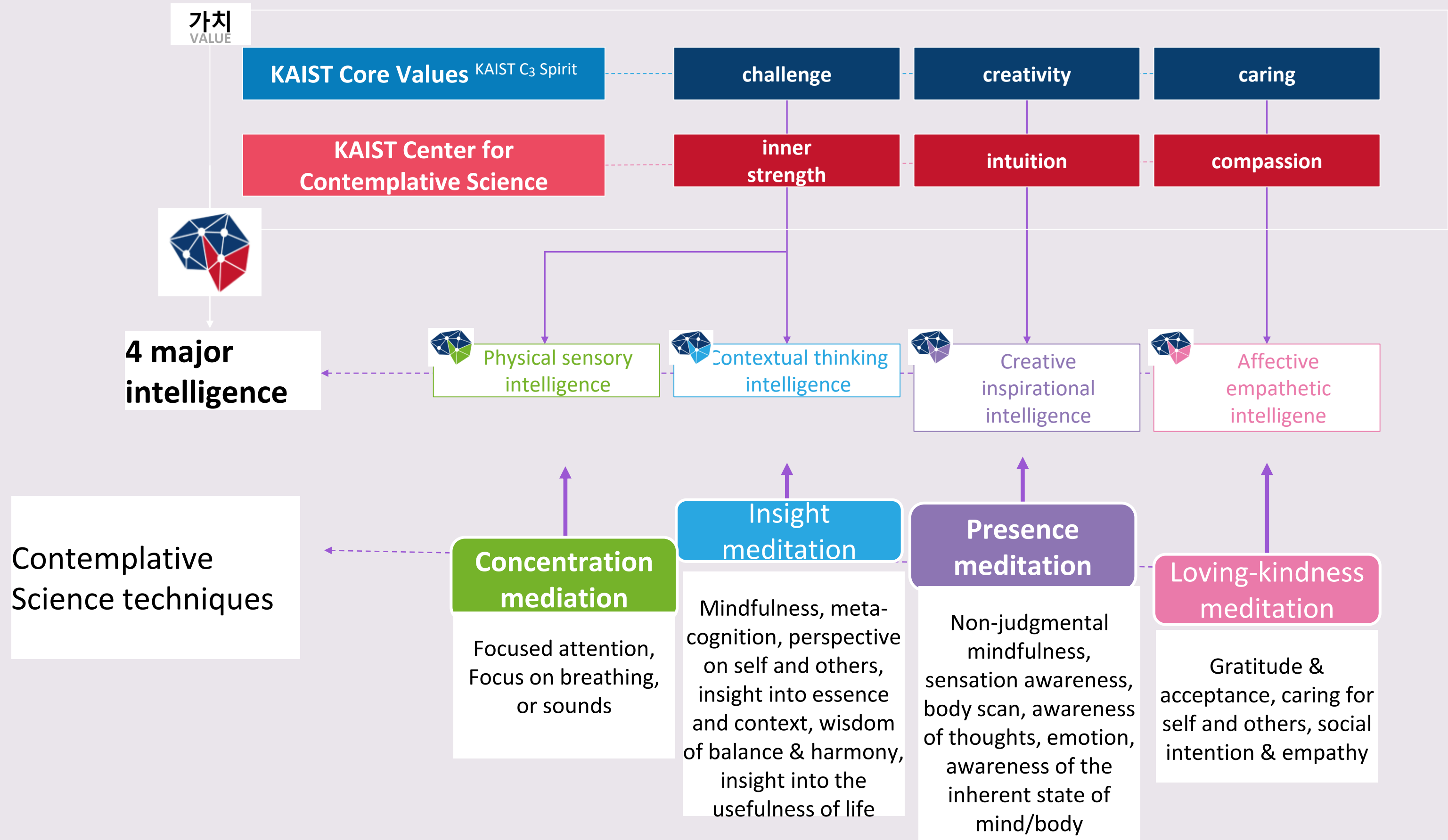
Research at the Mindfulness Center at Brown

"Research In Progress" meeting presenter, Jud Brewer, MD, PhD, discussed "Can app based mindfulness training change the brain?"

[MORE ABOUT RESEARCH](#)

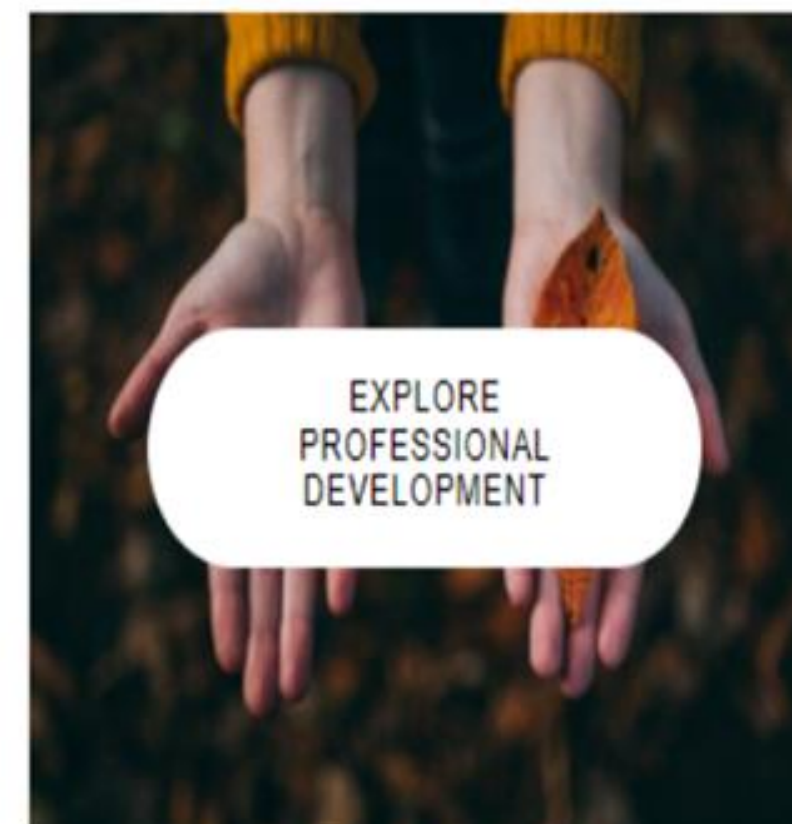
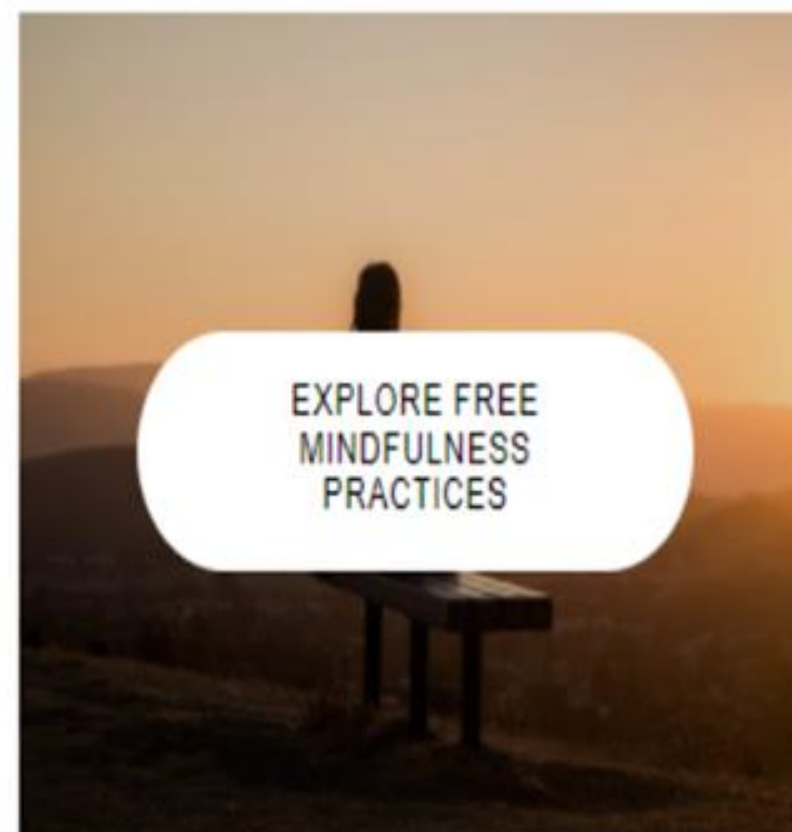
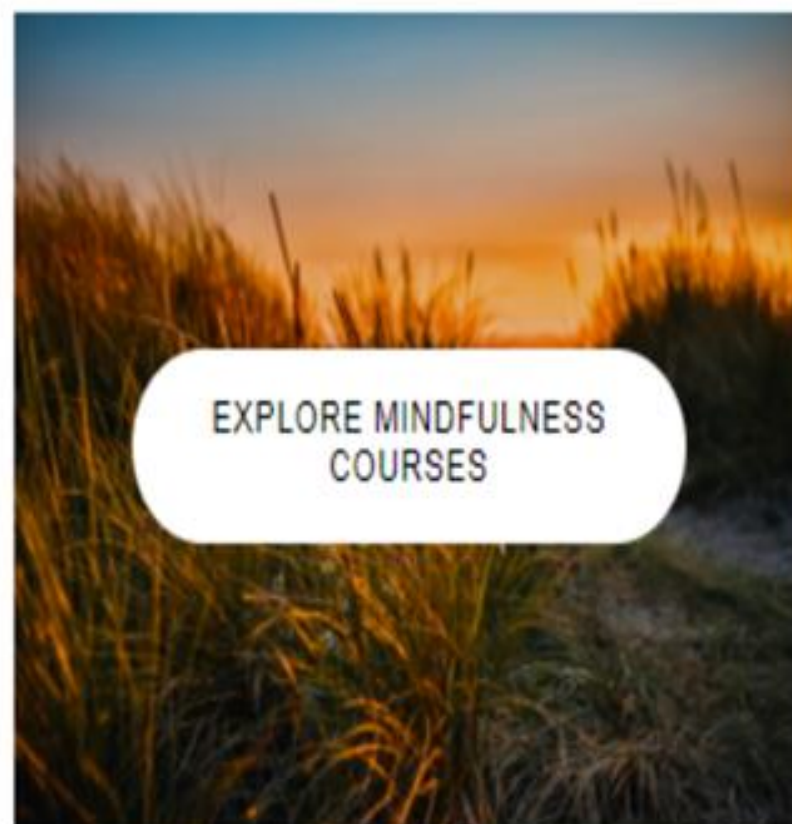
KAIST Center for Contemplative Science

The Center's Core Values Resonate with KAIST's Core Values



Center for Mindfulness and Compassion

Providing opportunities for healing and transformation.



FOR CHA PATIENTS: EXPLORE MINDFUL MENTAL HEALTH SERVICE

Businesses

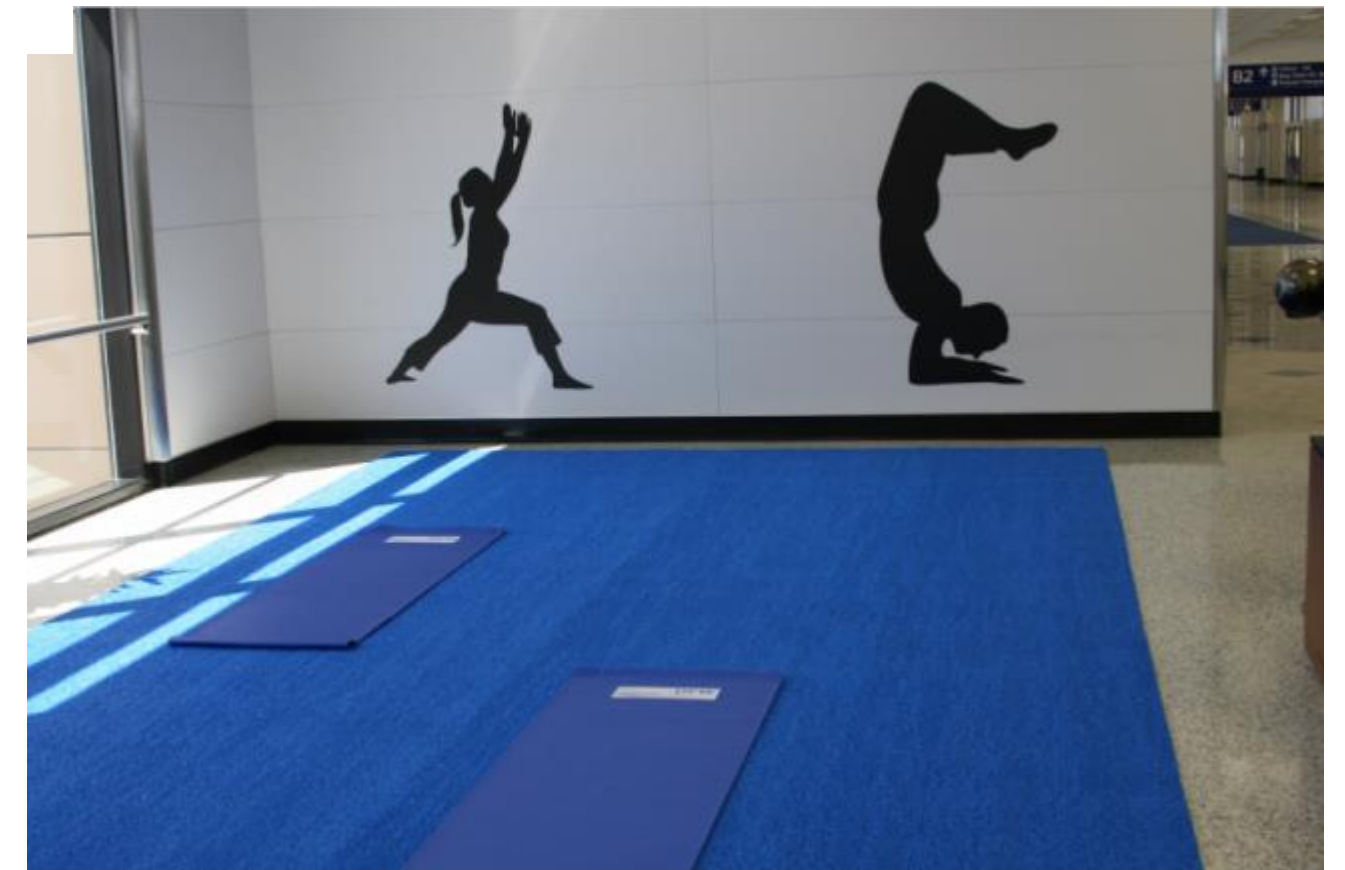




Schiphol International Airport Meditation Center



San Diego International Airport Meditation Room



The meditation and yoga space at DFW

Current status of meditation program operation by Korean businesses

Businesses	Contents
Samsung	<ul style="list-style-type: none"> -With 100 billion won budget in 2017, established their meditation training center in Yeongdeok, Gyeongbuk Province -Gives monthly sound-sleep therapy training for executives
LG Display	<ul style="list-style-type: none"> -Established their healing center in 2017 in Mungyeong, Gyeongbuk Province
Lina Life Insurance	<ul style="list-style-type: none"> -Operates in-house meditation center. Conducts two-days one-night meditation workshops for all employees
WeWork Korea	<ul style="list-style-type: none"> -Operates in-house meditation center
Kyobo Life Insurance, Kyowon, Daesang Group, Ottogi, Korea East-West Power, Hanhwa Aerospace, SK Planet, HS Ad	<ul style="list-style-type: none"> -Adopts meditation classes in their training sessions for new employees and executives

Meditation brings about the following effects.



- Increased job effectiveness

- Excessive job stress reduced

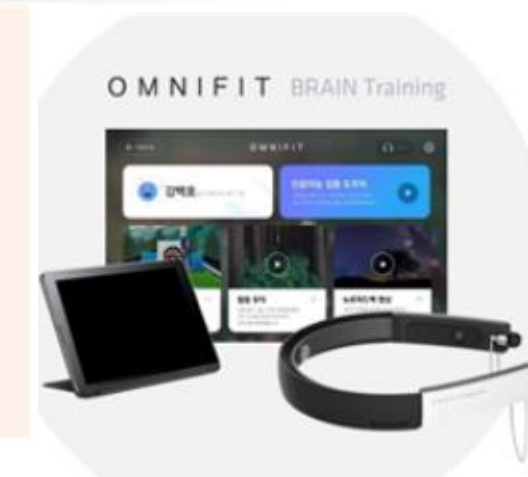
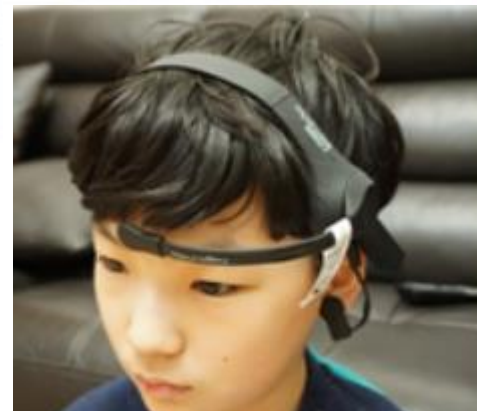
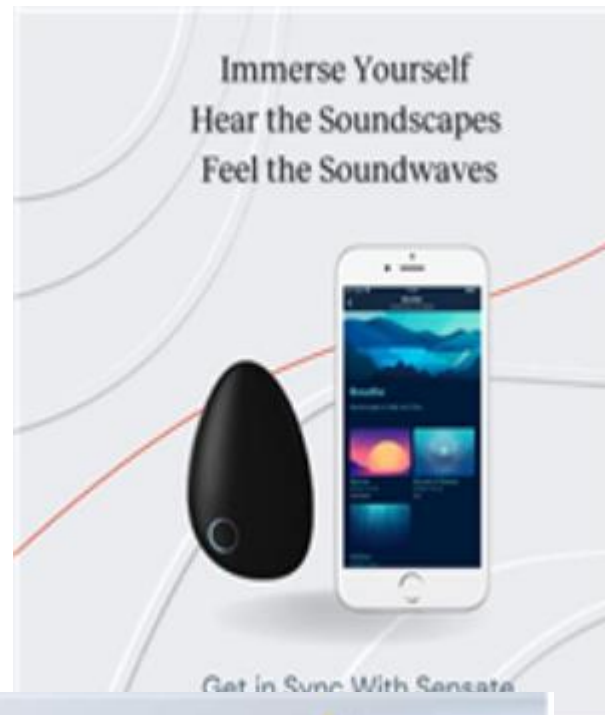
- Increased sense of wellbeing

- Reduced stress at workplace

- Vigorous, active participation at work

- Reduced depression

Meditation & Industry 4.0



05

Why meditate?

For us who live in the age of stress

1. Meditation helps to be connected with self and others.

Kindness, compassion, love,
empathy, altruism => wellbeing,
resilience

05

Why meditate?

For us who live in the age of stress

2. Meditation helps to be connected with all things of the world.

**kindness, compassion, love,
empathy, altruism => Earth,
nature**

05

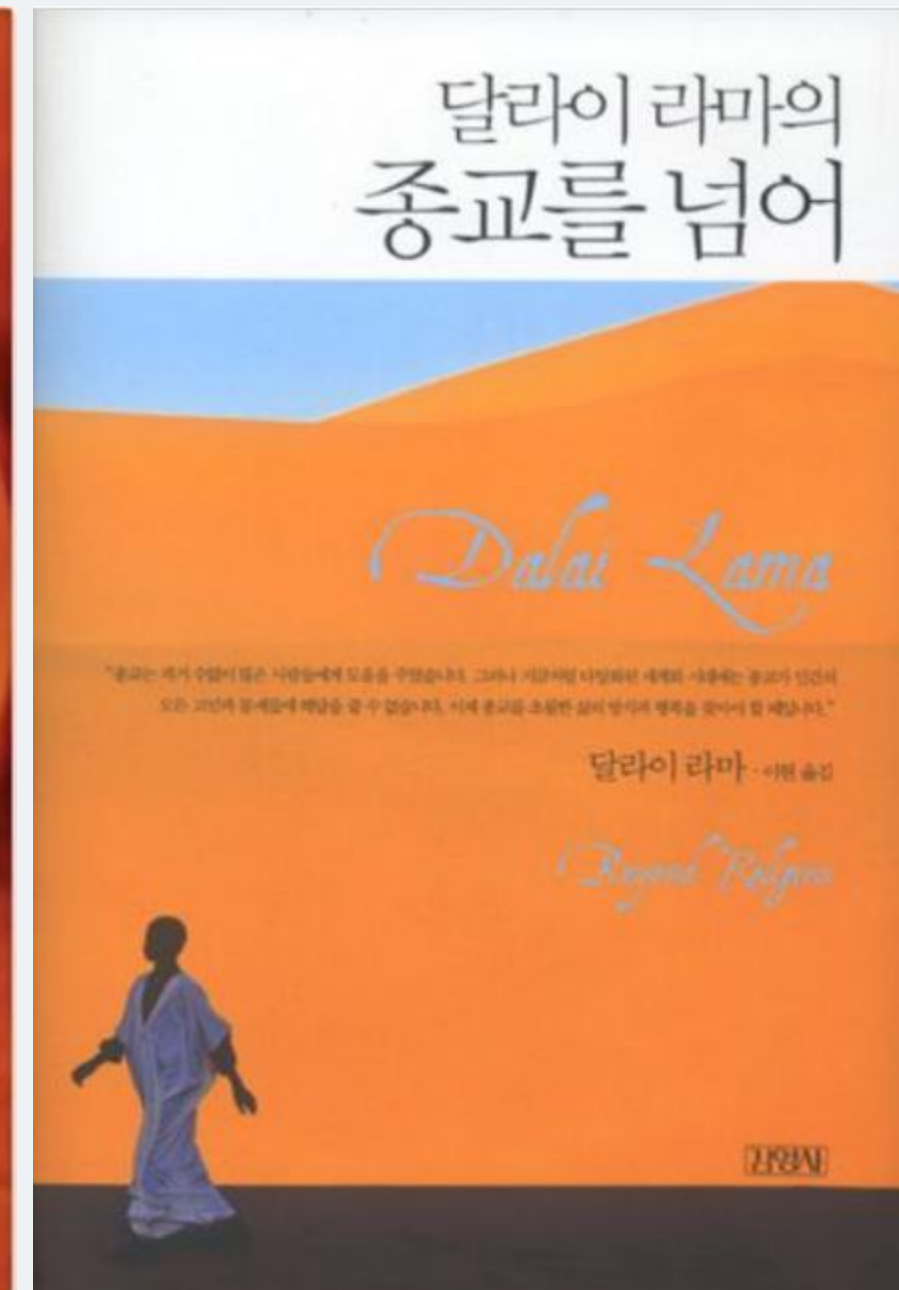
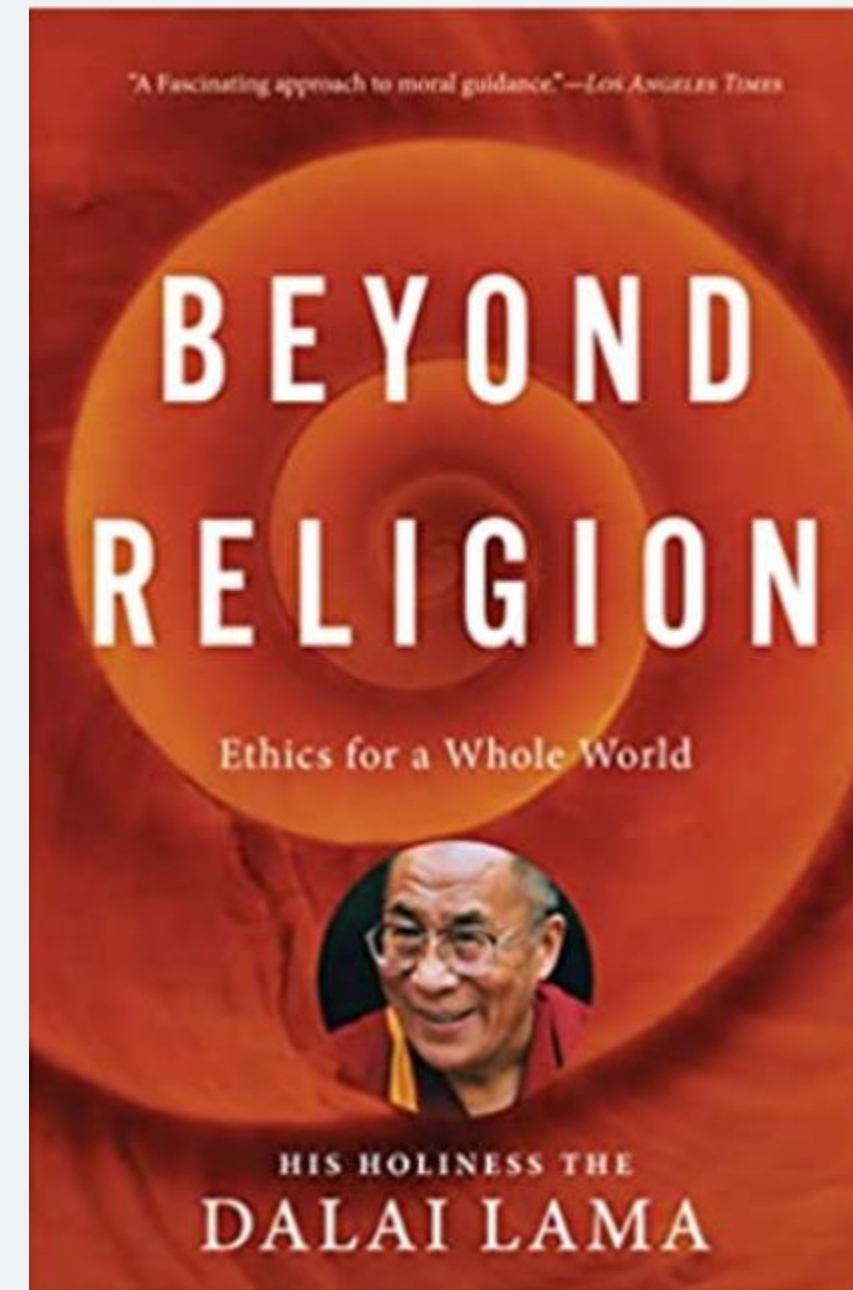
Why meditate?

To resolve the crises of humanity and the Earth

Beyond the religious boundaries we should cultivate universal foundation, which is our inner values including compassion, kindness, love & honesty.

External, material improvement is not enough

Functions that meditation can fulfill...

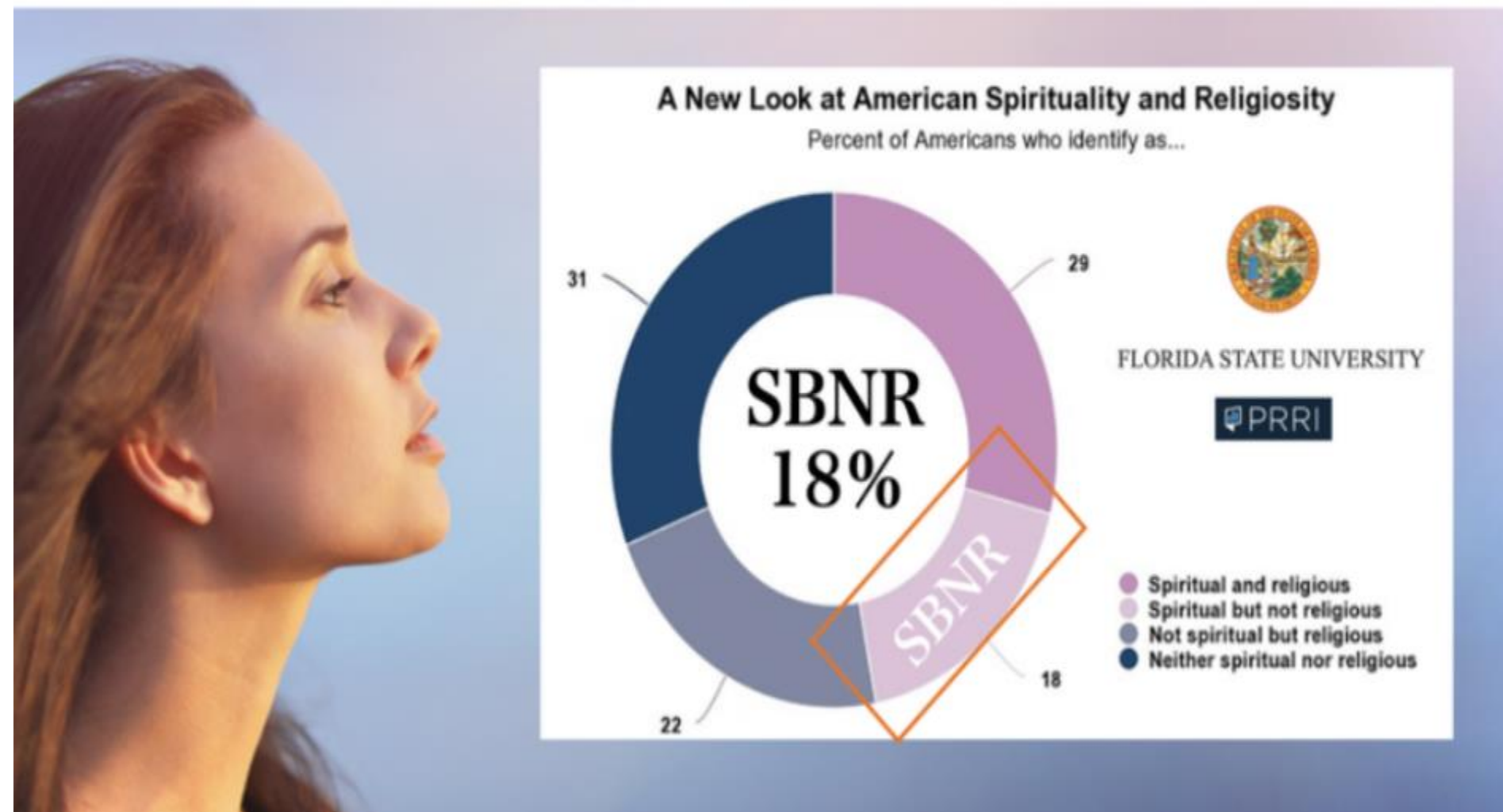


S B N R

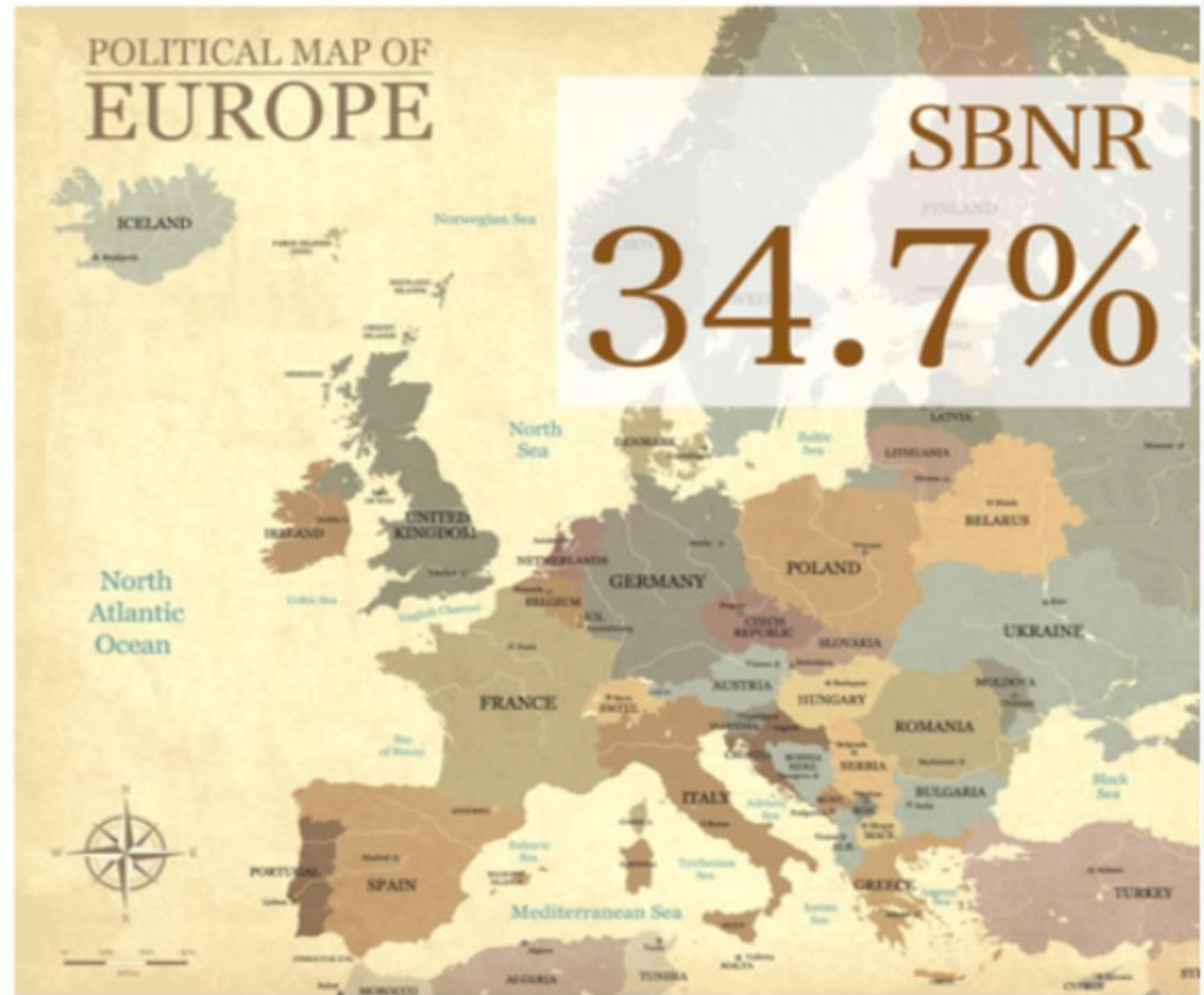
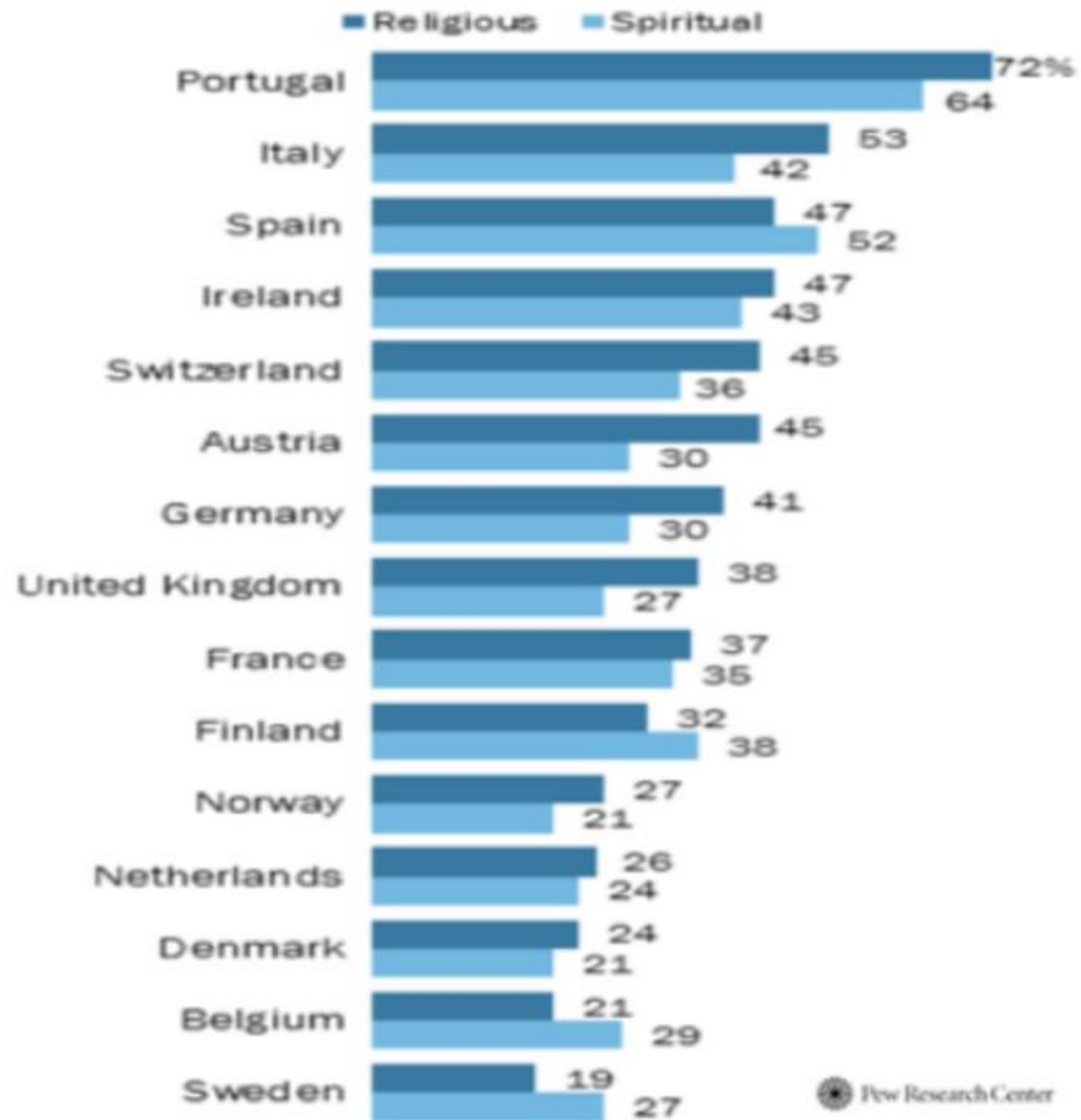
Spiritual But Not Religious

米国人の5人に1人はSBNR

One in Five Americans are Spiritual but Not Religious



SBNR化が進展するヨーロッパ諸国



Phone interviews of 5,002 adults (age 18 & over)

Pew Research Center

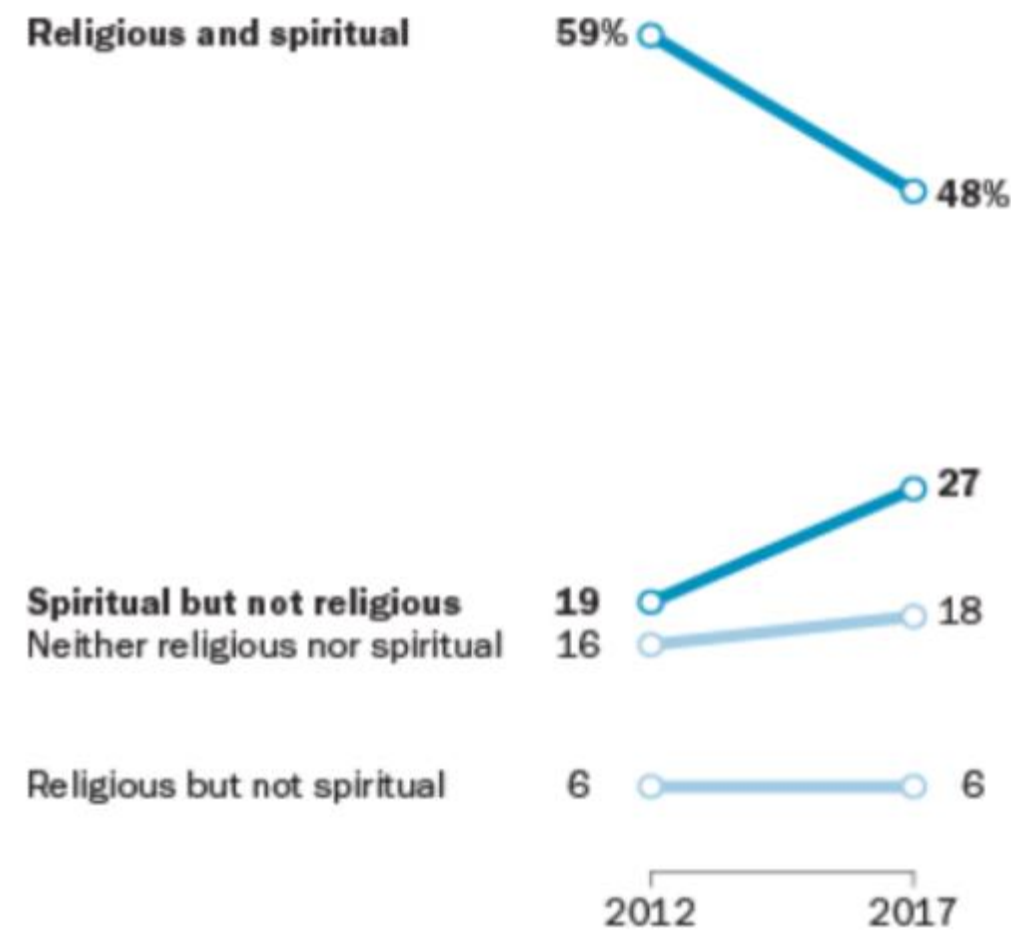
Religious but not spiritual -- down
Spiritual but not religious -- up

-Increase in all ages
-Increase in all educational levels including high school, college, graduate school

-Increase in all categories including gender, race, & political party affiliation

A quarter of Americans now see themselves as spiritual but not religious

% who identify as ...



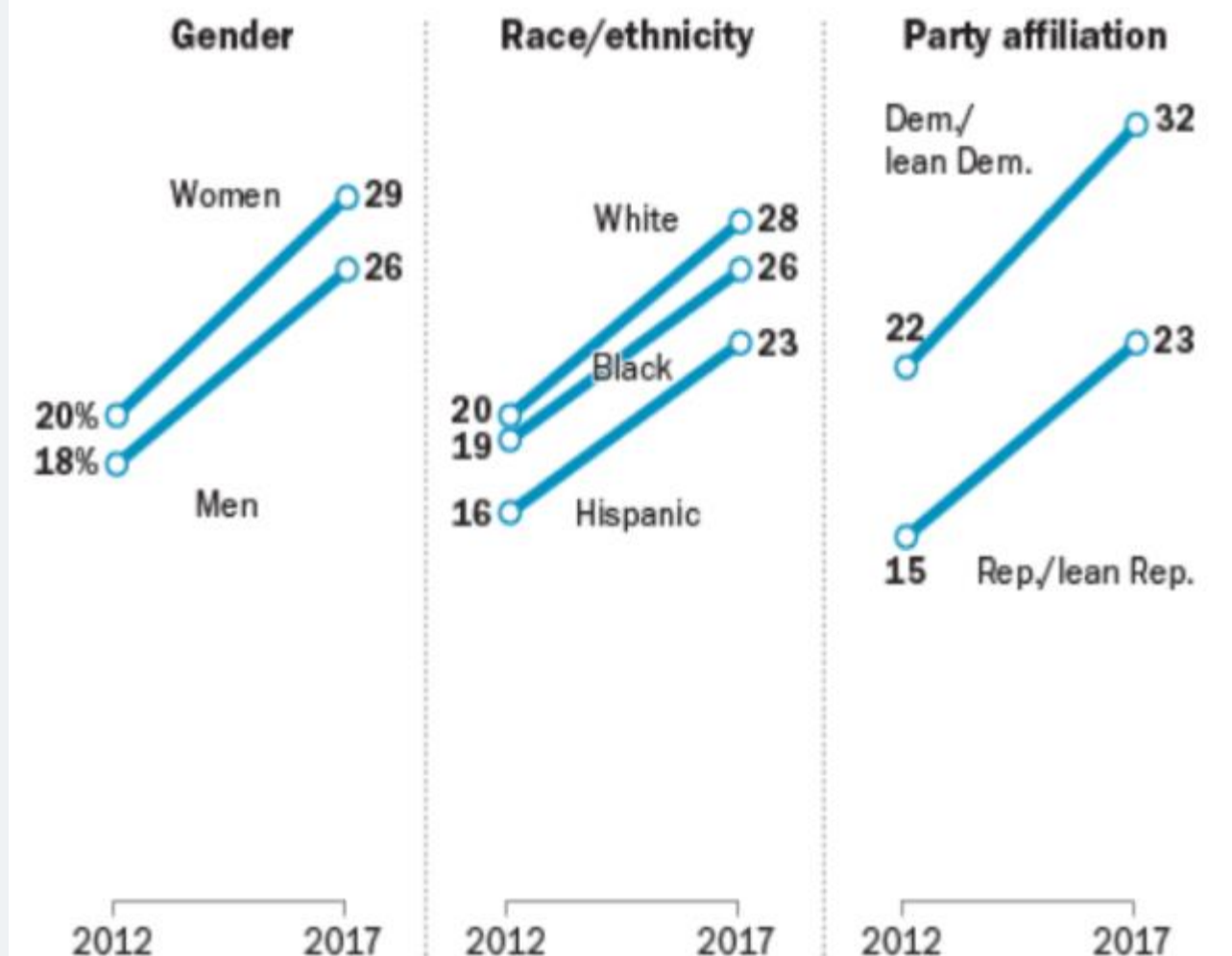
Increase of 'spiritual but not religious' Americans, by age and education

% of U.S. adults who identify as spiritual but not religious

	2012	2017	Change
	%	%	
Ages 18-29	20	29	+9
30-49	20	30	+10
50-64	21	29	+8
65+	14	17	+3
High school or less	16	20	+4
Some college	20	32	+12
College graduate	23	32	+9

Increase of 'spiritual but not religious' is broad-based

% of U.S. adults who identify as spiritual but not religious



Religion vs Spirituality

Religion needs spirituality.
Spirituality doesn't necessarily need religion.

His Holiness the Dalai Lama

#Spirituality — Related to traits— bringing happiness both to self and others—including compassion, perseverance, patience, forgiveness, satisfaction, responsibility, and harmony

#Religion — Related to the faith of salvation contended by different religious traditions.
The faith embraces metaphysical, supernatural reality including the concept of heaven or nirvana.
It also concerns religious teachings or dogma, rituals and prayers.

Deepak Chopra

“Spirituality: non-religious, scientific, self-awareness”

Spirituality vs Religion vs Meditation

Spirituality



Spirituality and Mental Health
medindia.net



Spirituality: A guiding force- The New India...
newindianexpress.com



Distinguishing between the individuality...
kealakai.byuh.edu



Scientists Think They Just Found The...
forbes.com



Spirituality - Tees Esk and We...
tevv.nhs.uk



Science And Spirituality: Could It ...
npr.org



What does it mean to be spi...
theconversation.com



What Is Spirituality? | Taking Charge of Your H...
takingcharge.csh.umn.edu



Spirituality - Home | Facebook
facebook.com



Corona & Spirituality - The Statesman
thestatesman.com



When Science and Spirituality Merge- The New India...
newindianexpress.com



Pin on Spirituality
pinterest.com



A Beginner's Guide to Spirituality - The ...
themycenaean.org



The Upside and Downside of Religion, Spi...
psychiatrictimes.com



Oxytocin Enhances Spirituality, New Study Sa...
today.duke.edu



Is spirituality an art or scie...
dailypioneer.com



The Benefits Of Spirituality Explained
martialartistsforchrist.org



What does it mean to be spiritual? - The Daily Gu...
thedailyguardian.com



Spirituality of India's gurus has inspired the West
dnaindia.com



Spirituality | Psychology To...
psychologytoday.com



Quest For Balance: Simple Ways to En...
the.ismaili



Benefits of Spirituality
medindia.net



Spirituality and Recovery: What You N...
tabularasaretreat.com



Spirituality vs Religion vs Meditation

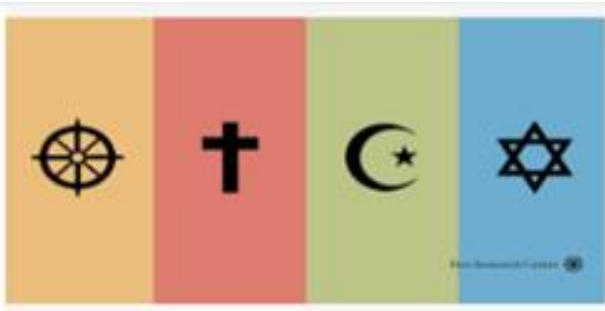
Religion



History of religion - Wikipedia
en.wikipedia.org



32 Facts About Religion Around The W...
facts.net



Who comes to mind when Americans think about ...
pewresearch.org



World Religion
chrome.google.com



Outline of religion - Wikipedia
en.wikipedia.org



World religion symbols colored. Signs of major r...
alamy.com



World religion symbol icon set Royal...
vectorstock.com



File:P religion world.svg - Wikimed...
commons.wikimedia.org



World Religion Symbols Signs Of Major Reli...
istockphoto.com



Religion : Korea.net : The offici...
korea.net



Videos for Talking about Religion with Your Students ...
clickview.co.uk



Religion in Asia 1900 - 2100 | Revised Edition | Data...
youtube.com



A human history of faith and religion
tribune.com.pk



Religion and human rights stron...
fra.europa.eu



Is religion good or bad for humanity? Epic a...
newsscientist.com



World Faiths -The Ideal Society | The Review of Religio...
reviewofreligions.org



religion - Wiktionary
en.wiktionary.org



Health benefits of religion: Are religious kids better...
parentingscience.com



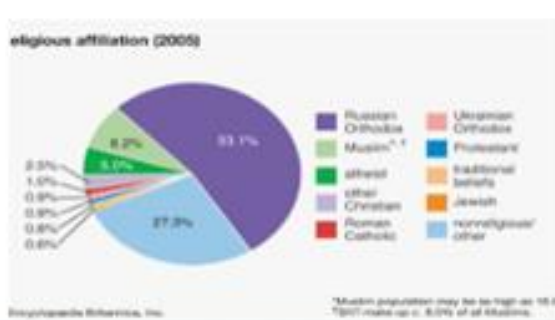
Opinion | What Science...
nytimes.com



World Religion Symbols Colored Signs Of Major ...
istockphoto.com



Religious Signs Set. Icons of Religion and Fai...
dreamstime.com



Spirituality vs Religion vs Meditation

Meditation- Bright & cheerful image of spirituality



What Is Meditation?
verywellmind.com



Which Meditation is Better? Calm, Headspace Or M...
pivony.com



A 3-Part Focused Attention Meditation Se...
mindful.org



Neuroscience of Mindfulness Meditation ...
neuro.wharton.upenn.edu



Mindfulness Meditation Can Help Relieve Anxiet...
npr.org



A 10-Minute Meditation Session for Begin...
mensjournal.com



How meditation helps with beco...
samarali.eu



Science of Meditation |Dhyana - Isha
isha.sadhguru.org



3 Reasons Why You Really Need to Try Meditatio...
inc.com



Meditation: In Depth | NCCIH
nccih.nih.gov



The Benefits of Meditation
verywellmind.com



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helpguide.org



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healthshots.com



How to Find a Meditation App for You - The ...
nytimes.com



Mindful Awareness: A Meditation Program...
asiasociety.org



The Physical, Psychological, & Socia...
blog.alomoves.com



Personal Story: What I Learned About Stress After ...
castleconnolly.com



How to meditate: A beginner's guide to m...
businessinsider.nl



Meditation vs Spirituality vs Religion



What is Meditation?
verywellmind.com



Which Meditation is Better? Calm, Headspace Or M...
gionary.com



A 3-Part Focused Attention Meditation Se...
mindful.org



Neuroscience of Mindfulness Meditation...
neuro.utoronto.utoronto.edu



Mindfulness Meditation Can Help Relieve Anxi...
npr.org



A 10-Minute Meditation Session for Begin...
mensjournal.com



How meditation helps with depressi...
samahill.co.uk



Spirituality and Mental Health
medindia.net



Spirituality - A guiding force: The New India...
newindianexpress.com



Distinguishing between the individual...
kesika.lyth.edu



Scientists Think They Just Found The...
forbes.com



Spirituality - Tees Eski and Ne...
teevs.co.uk



Science And Spirituality: Could It...
npr.org



What does it mean to be spi...
theconversation.com



What is Spirituality? Taking Charge of Your H...
takingcharge.colurn.edu



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en.wikipedia.org



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facts.net



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pewresearch.org



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chrome.google.com



Outline of religion - Wikipedia
en.wikipedia.org



World religion symbols colored. Signs of major...
alamy.com



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vectorstock.com



Science of Meditation (Dhyana) - Isha...
ishasadhiguru.org



3 Reasons Why You Really Need to Try Meditatio...
icc.com



Meditation: In Depth | MCOH
mcohib.org



The Benefits of Meditation
verywellmind.com



How To Practice Mindfulness Meditation - Mindful...
mindful.org



Meditate Vectors & Illustrat...
freepik.com



Progressive Muscle Relaxation Meditation - HM...
helpguide.org



Spirituality - Home | Facebook
facebook.com



Corona & Spirituality - The Statesman
thestatesman.com



When Science and Spirituality Merge: The New India...
newindianexpress.com



Pin on Spirituality
pinterest.com



A Beginner's Guide to Spirituality - The...
theyareseen.org



The Upside and Downside of Religion, Spiritu...
psychiatristtimes.com



Opticism Enhances Spirituality: New Study Sa...
todayuke.edu



Religion in Asia 1900 - 2100 | Revised Edition | Data...
youtube.com



A human history of Faith and religion
traveller.com.pk



Religion and human rights stron...
freemove.eu



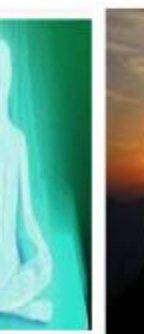
Mindfulness Meditation How to...
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What's the right way to practice of meditation...
healthshots.com



How to Find a Meditation App for You - The...
nytimes.com



Mindful Awareness: A Meditation Program...
aassociat.org



The Physical, Psychological, & Social...
blog.dailymed.com



Personal Story: What I Learned About Stress After...
cardiacconnelly.com



How to meditate: A beginner's guide to m...
businessinsider.nl



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dailyquest.com



The Benefits Of Spirituality Explained
marialaetiaofchrist.org



What does it mean to be spiritual? - The Daily Gu...
thedailyguardian.com



Spirituality of India's gurus has inspired the West...
bravissimo.com



Spirituality | Psychology Ti...
psychologytoday.com



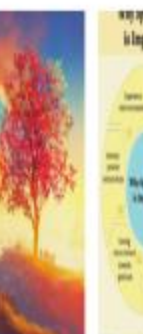
Quest For Balance: Simple Ways to Es...
the.imal.com



Benefits of Spirituality
medindia.net



Spirituality and Recovery: What You N...
tablasasasat.net



Is religion good or bad for humanity? Epic a...
newscentric.com



World Faiths - The Ideal Society | The Review of Religi...
reviewofreligion.org



religion - Wiktionary
en.wiktionary.org



Health benefits of religion. Are religious kids better...
parentingscience.com



Opinion | What Science...
nytimes.com



World Religion Symbols Colored Signs Of Major...
istockphoto.com



Religious Signs Def. Icons of Religion and Fai...
dreamstime.com



**Inner values such as compassion, kindness, love, honesty,
satisfaction and responsibility,
which bring happiness both to self and others,
are based on the universal foundation of goodness,
which is inherent to all individuals,
beyond the religious, national, organizational, and dogmatic boundaries.
Meditation is a tool to cultivate these resources.**

2022

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Thank you!