

# Meditation Conference

## Meditation Training and Practice Based on Metaverse

### Recovering Human Spirit (RHS) Program



2022 서울 국제명상 엑스포  
6월 19일 오전 11시~12시

동국대학교  
치유와 행복 융합연구원

Under the academic guidance of Ven. Professor Seogwang  
Presented by Ven. Eunsan and Prof. Lee Yu-seop

# 1. What is RHS program?



“Recovering Human Spirit” or RHS is a meditation program devised by Ven. Seogwang, a professor at Dongguk University. The program divides the ever-changing state of human mind into six patterns, and has created meditation practices suitable for these patterns. In this way it promotes recovery of human spirit, which is most needed both for living daily life and attaining enlightenment, and helps each individual to pursue the happiness they want.

# The Six Patterns of RHS Program

AF  
Pattern

hell



anger, fear,  
aggression

TC  
Pattern

hungry  
ghost



endless  
craving

FI  
Pattern

animal



ignorance,  
desires,  
foolishness

JC  
Pattern

asura  
(demi-god)



jealousy,  
competition

PG  
Pattern

heaven



rapture,  
pleasure,  
euphoria

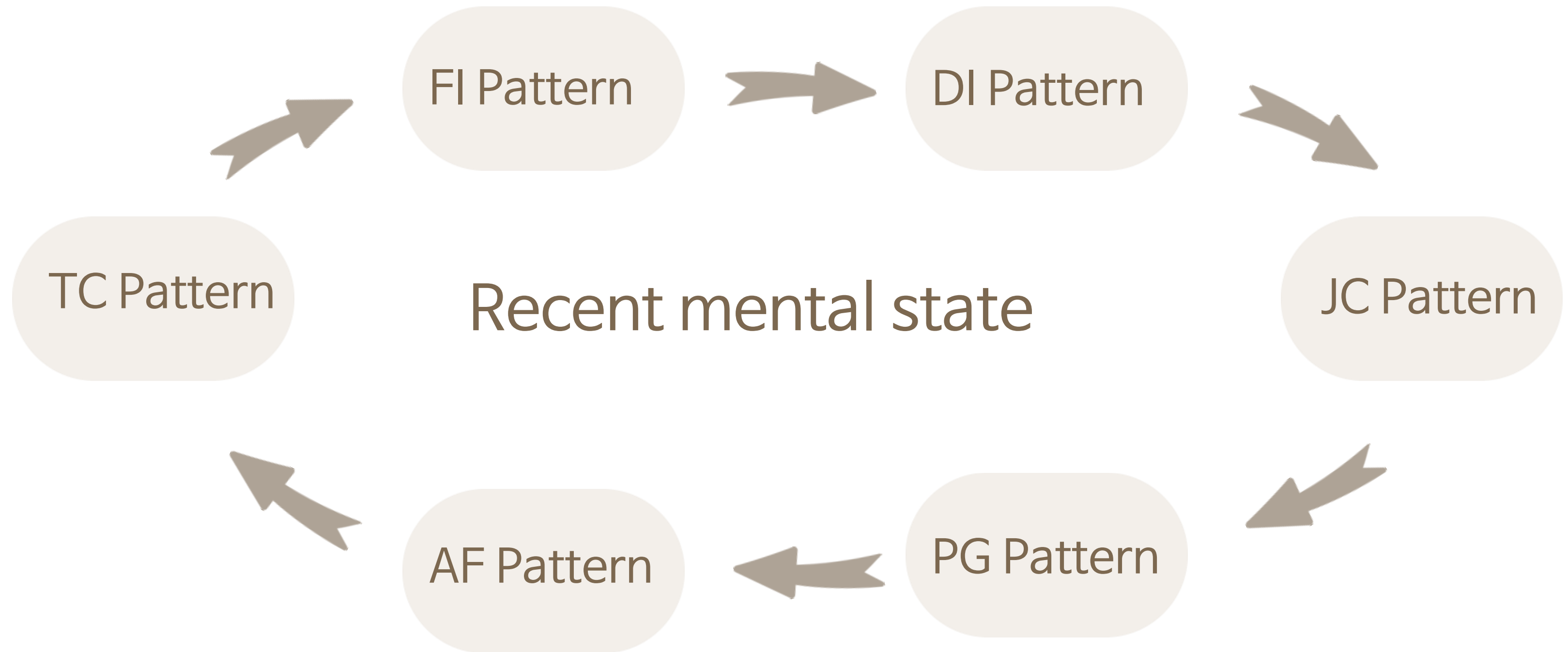
DI  
Pattern

human



self-  
exploration,  
questions

# Continued Changes of the Six Patterns



# 1. Latest VR Device Adopted



Released in October 2020  
A standalone model working with compatible cell phones  
Cord-free design and easier connection  
One can be transported to another world based on excellent space implementation and interaction

## 2. Use of 3D Metaverse


**hubs**  
**moz://a**

Spoke Guides Developers Community Hubs Cloud Labs


a01...@gmail.com 로 로그인 되었습니다. [로그아웃](#)

Meet, share and collaborate together in private 3D virtual spaces.

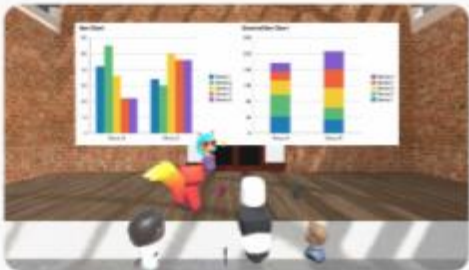
[Room 만들기](#)



**Make a VR room instantly**



**Communicate and Collaborate**



**How to make it**

Open-source free 3D metaverse  
Connectable to PC, mobile and VR  
devices

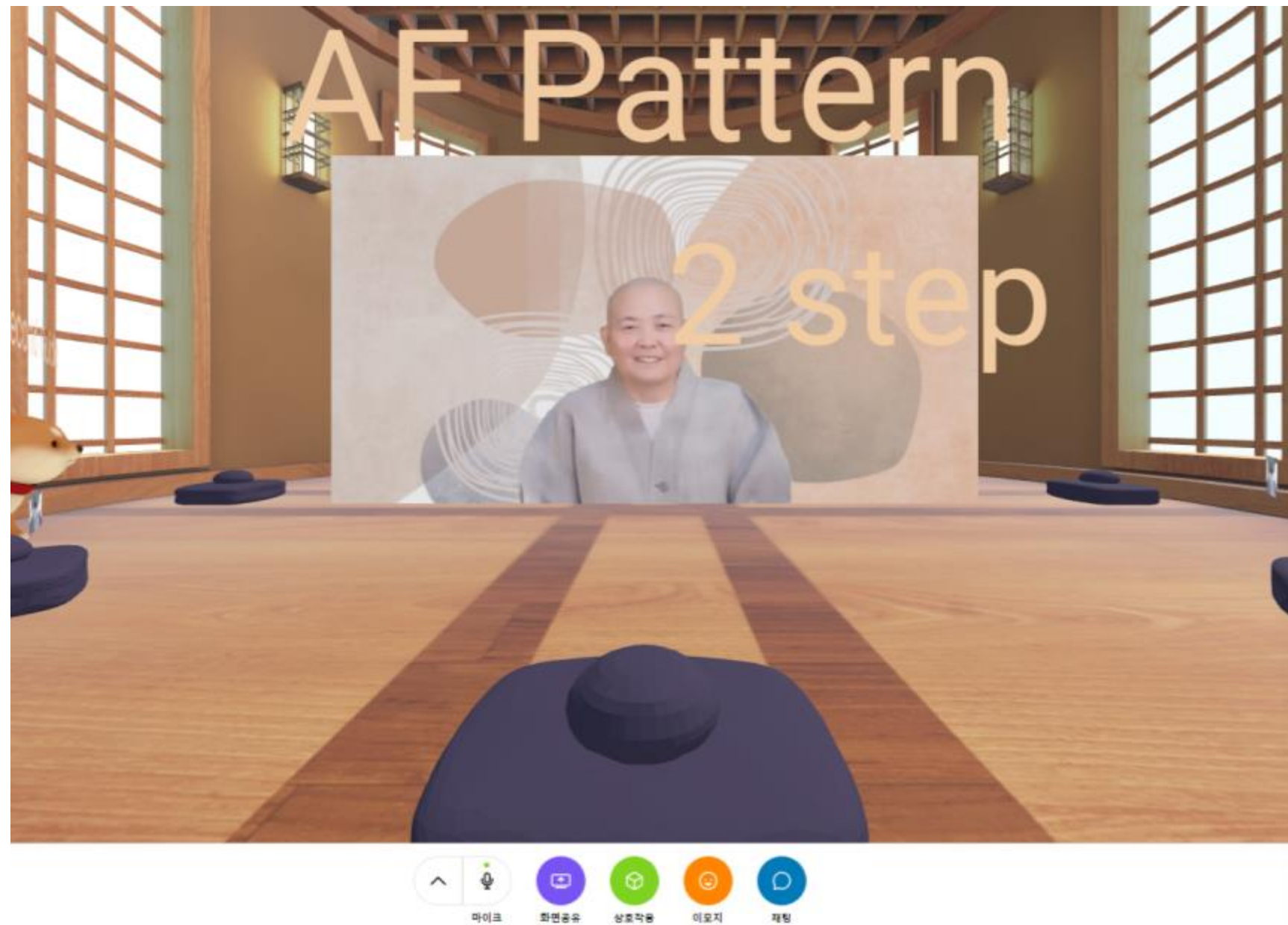
Easier map composition

Freer space change

Diverse interaction and activities  
enabled

Utilization potential for many  
organizations and groups

### 3. Participant-Led Meditation Programs



Instead of teacher-centered, passive program one can meditate without the aid of teacher or with minimal guide.

Future-oriented educational philosophy is applied where one can play a leading role to select and practice a suitable meditation for themselves.

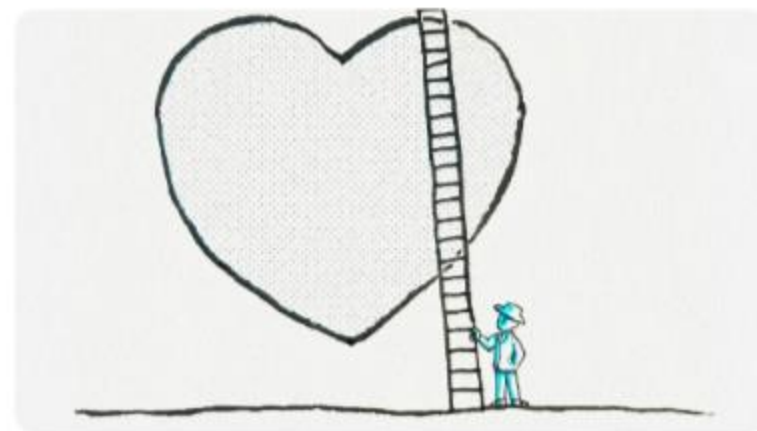
One can meditate according to one's needs without the restrictions of time and space

## 4. Programs Tailored for Participants



### RHS Type Test

Select what feels most close to your recent state of mind.



Begin the test!

### PG Pattern

#### Your type is PG Pattern

PG Pattern stands for "pleasure gaiety," meaning a state immersed in pleasure and gaiety. It is good to remain in the state of pleasure and gaiety, but this state is not everlasting but temporary. One who is immersed in gaiety just wants it to last without caring about their surroundings. But one should remember that their current happiness is possible thanks to the contribution of many people around them.

Sharing the test with friends



### Examination and Evaluation of the Present State of Mind

According to the test result, you can practice meditation programs most suitable for your RHS type, more than one simultaneously if you want.

You can repeat the meditation practice alone when feel inadequate.

You may choose different meditation programs depending on your mental state.

## 5. Program Tailored to the Future-MZ Generation



Increased accessibility to and daily life-oriented for many people  
Based on short meditations lasting 2-5 minutes

One can go deeper into meditation step by step.

Interest points are embedded for MZ generation or younger people.

Similar to role playing games, one can move between virtual spaces and tasks are assigned.

Diverse interactive activities are given.

While you are watching the following meditation program you may find many aspects different from existing meditation programs.

I make a vow that this presentation can give a moment of reflection for us so that we can come up with diverse developmental directions for future meditation programs that may keep pace with the development of various media.



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