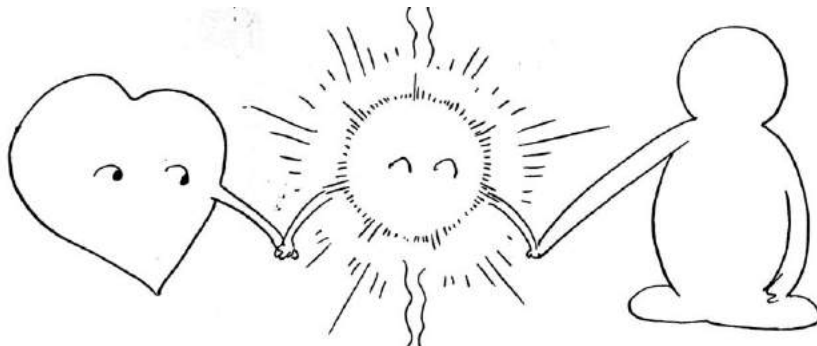
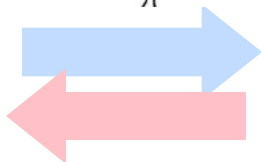


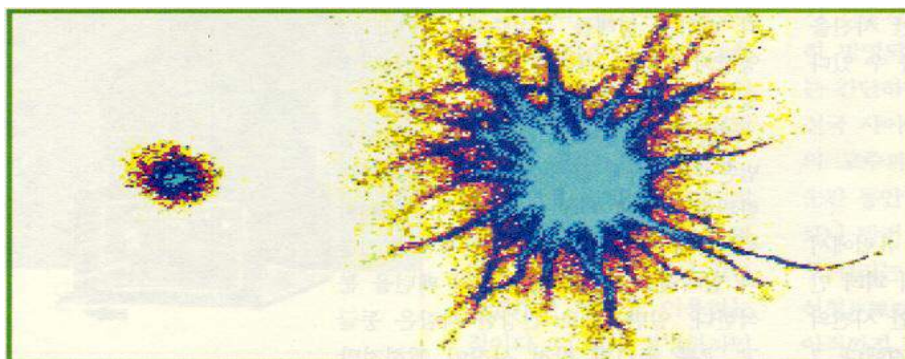
Energy, Qi(Ki)= language of non-dual, Consciousness vibration, with thoughts, emotions, feelings, ...



consciousness, mind
formless, limitless
united, whole



separate, individual,
formed, limited, matter,
body, matter



The change of aura of a water drop when empowered with Ki-energy (Krlan picture)

Features of Ki-Energy : **Strength, Purity, Density**

Classification of Ki-Energy

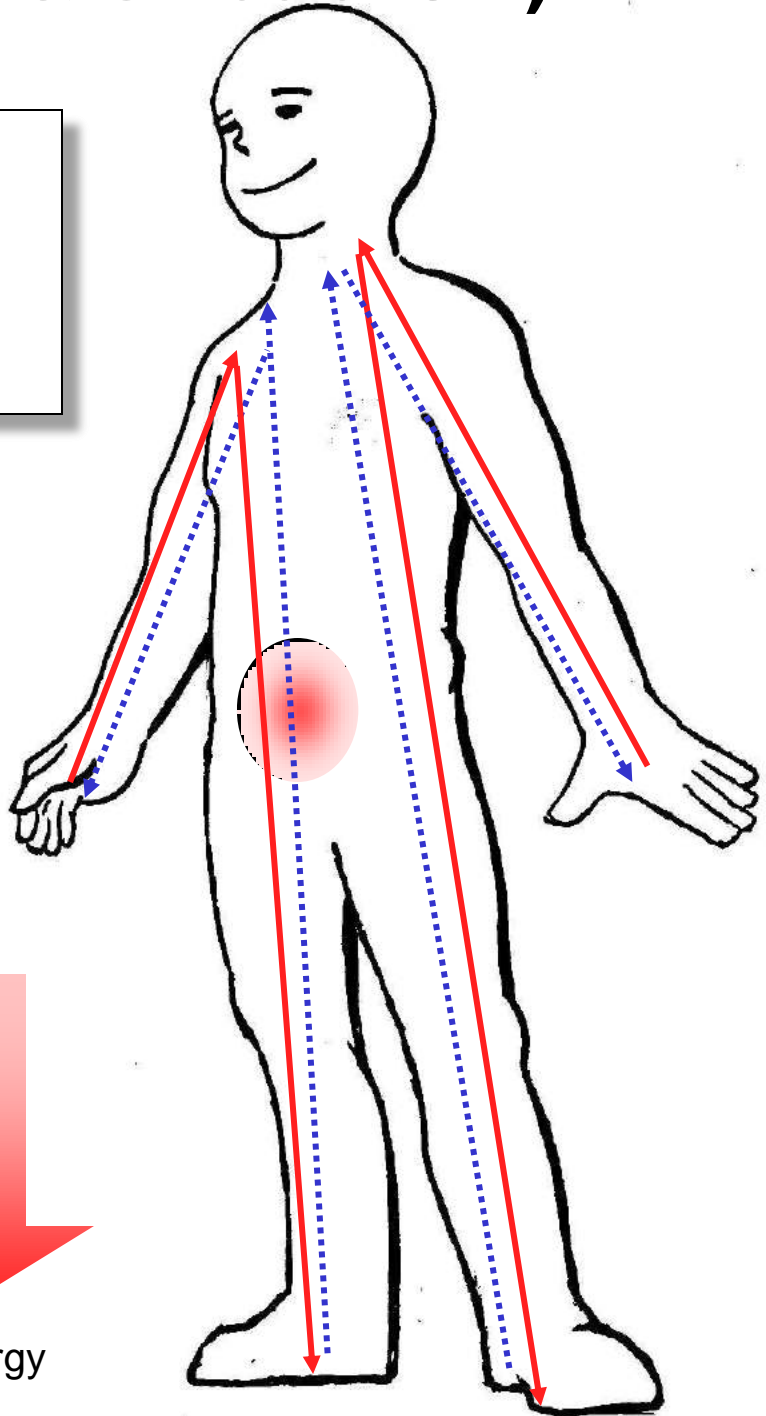
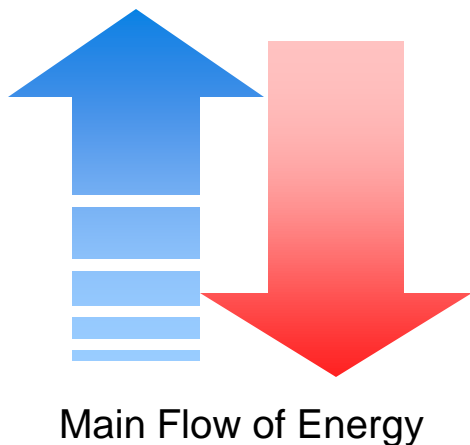
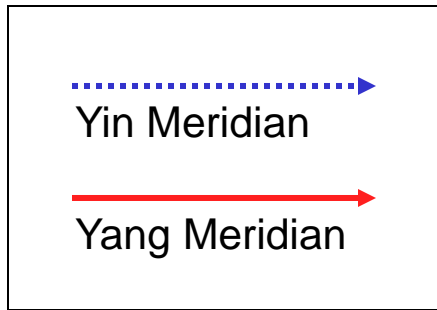
Won-Ki : natively given energy

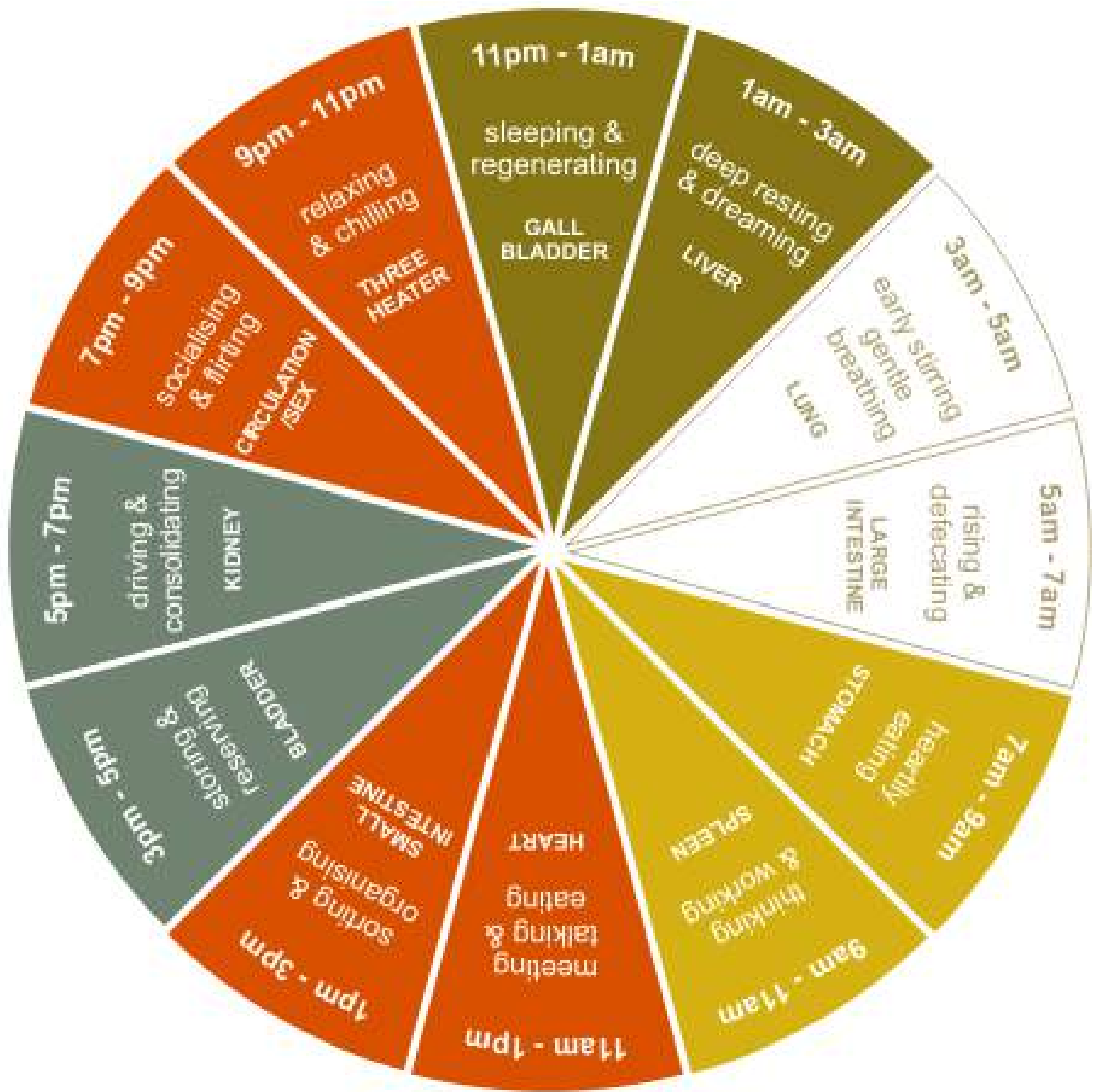
Jong-Ki : acquired energy from
nourishment

Jin-Ki : Pure Cosmic Energy accessible
through **Relaxed Concentration**

Human Body Meridian System

Flow of consciousness (thoughts & emotions...)





Triple Treasures System

3 Internal Dahn-Jons (Lower/Middle/Upper Dahn-Jon) **4 External Dahn-Jons** (2 Jamg-Shim and 2 Yong-Chon) forms the Major Energy Centers which are connected into a whole Cooperative System.

The Lower Dahn-Jon :

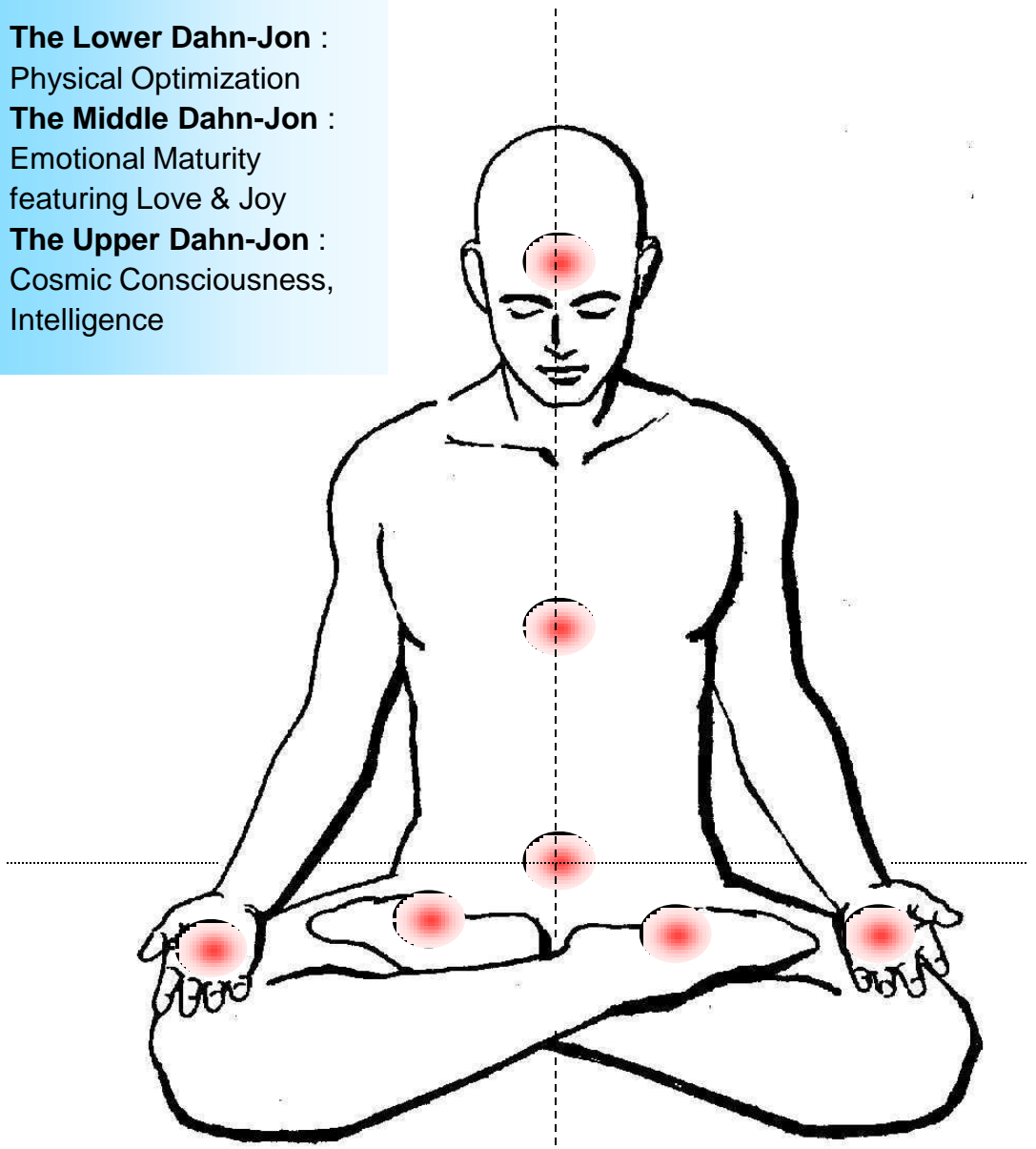
Physical Optimization

The Middle Dahn-Jon :

Emotional Maturity
featuring Love & Joy

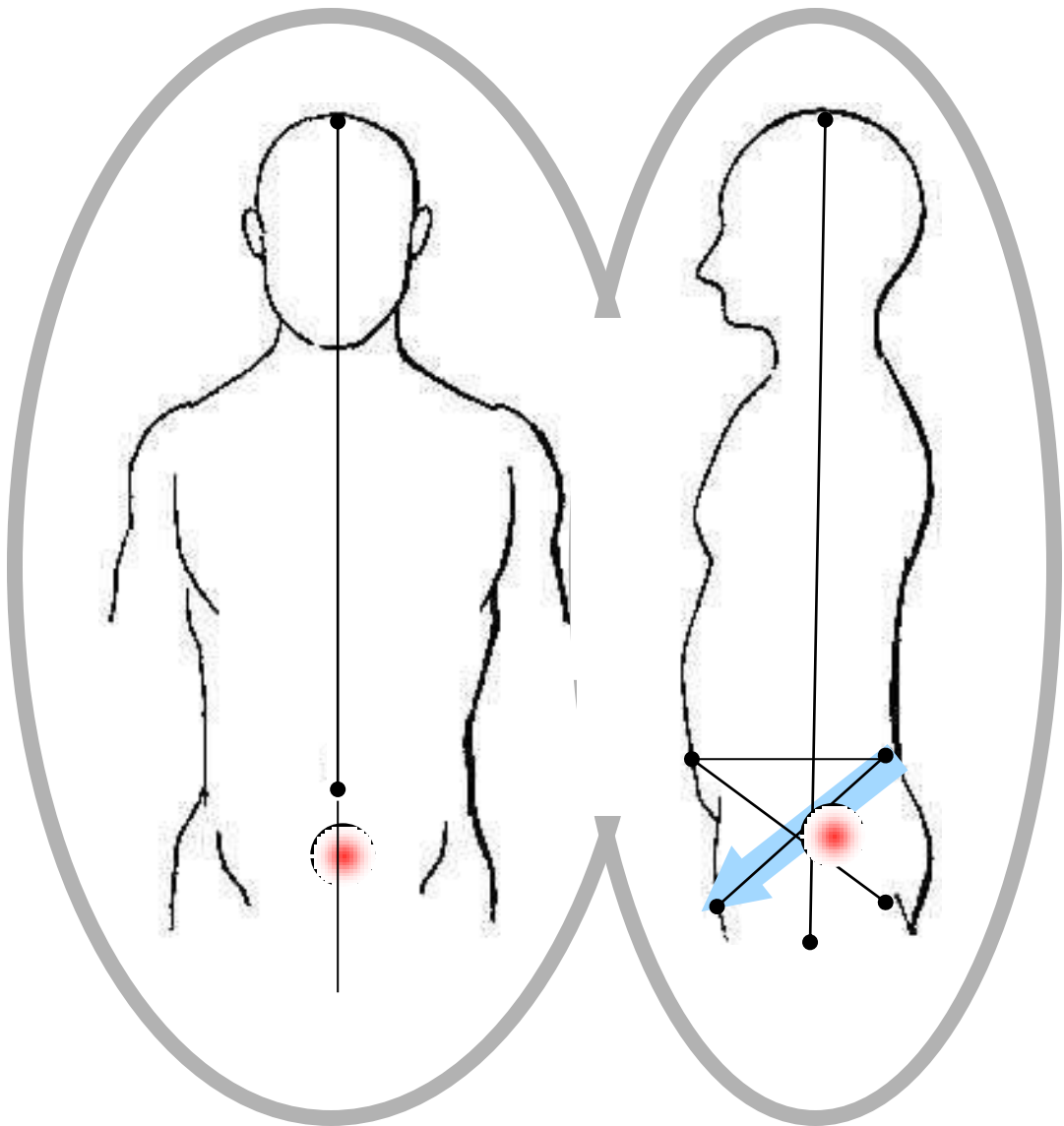
The Upper Dahn-Jon :

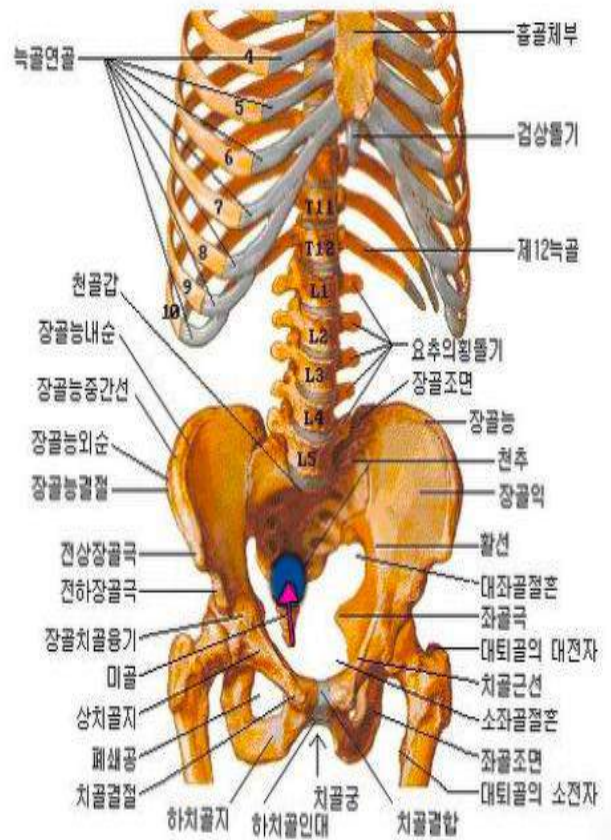
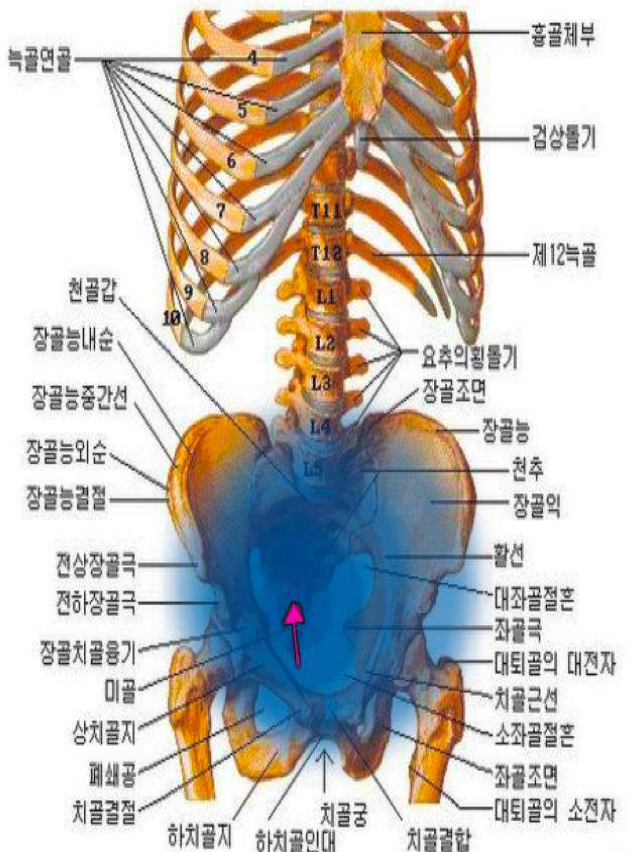
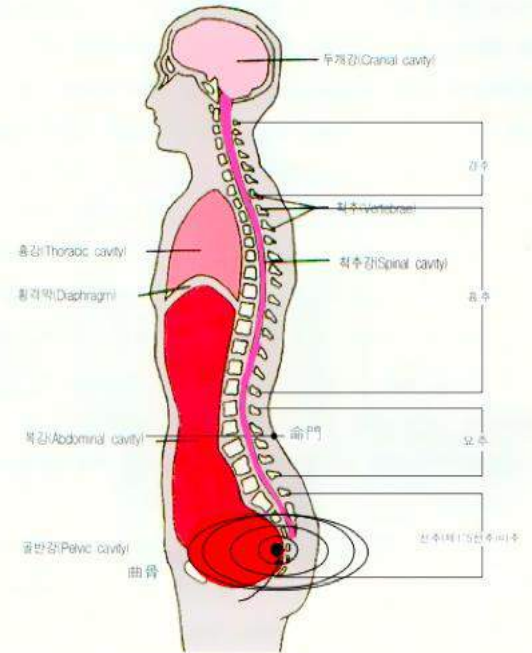
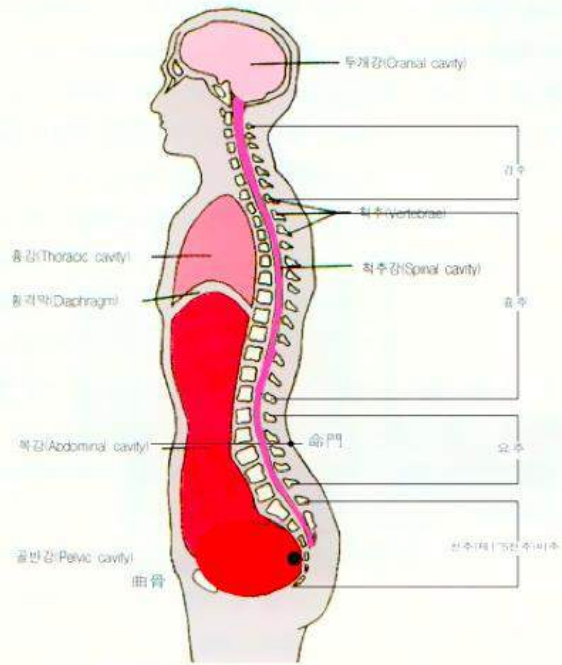
Cosmic Consciousness,
Intelligence

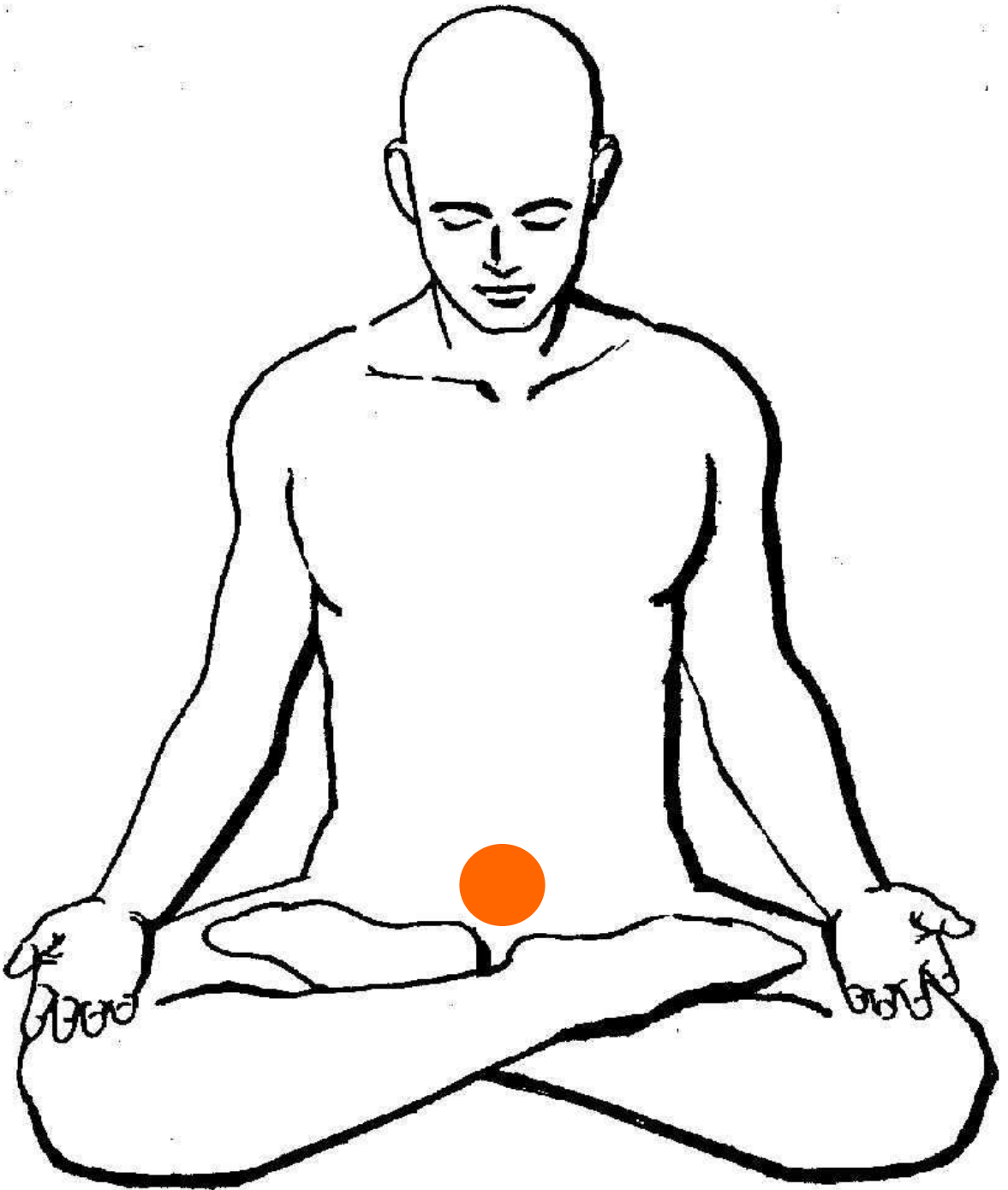


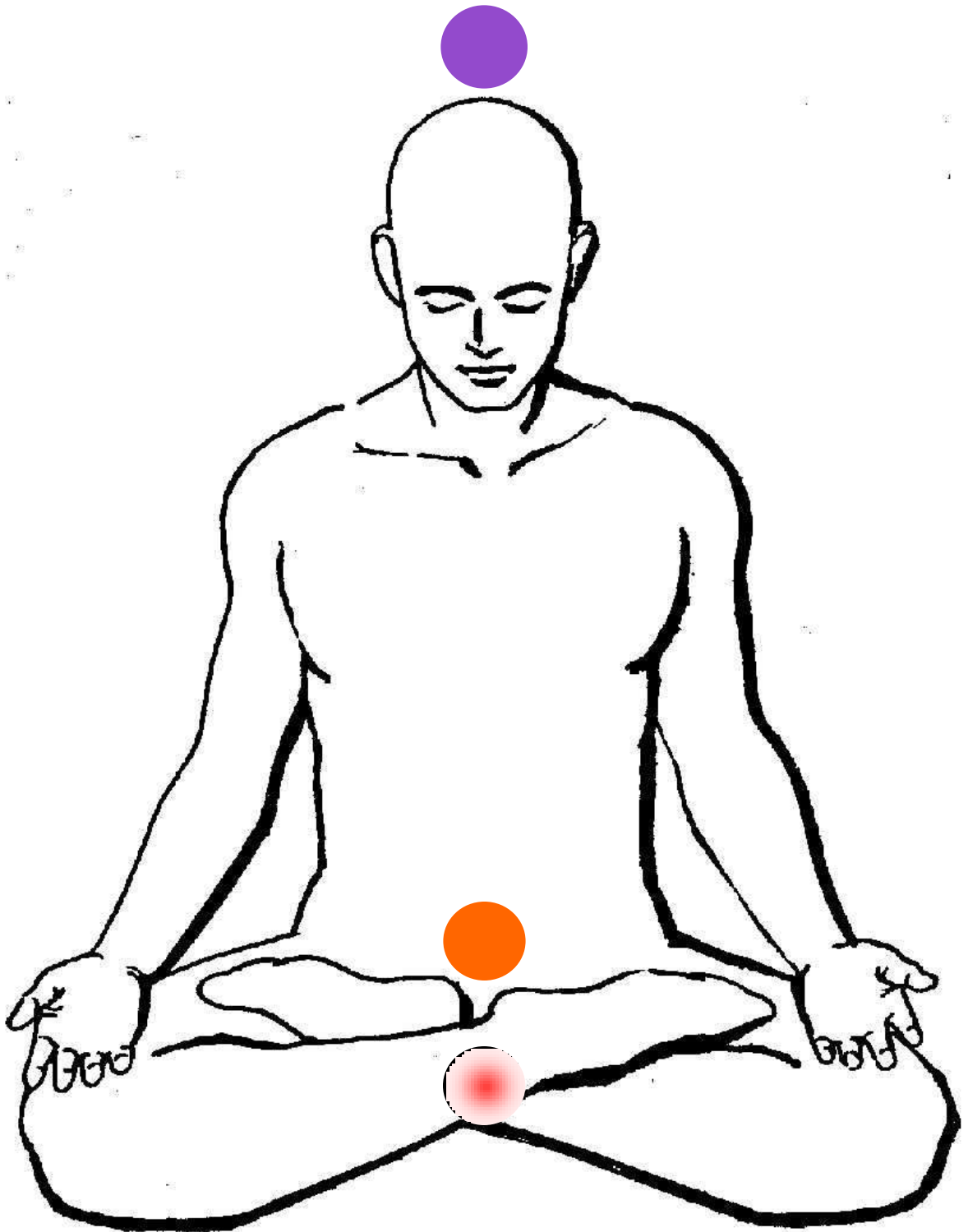
The Location of Power Center(Dahn-Jon)

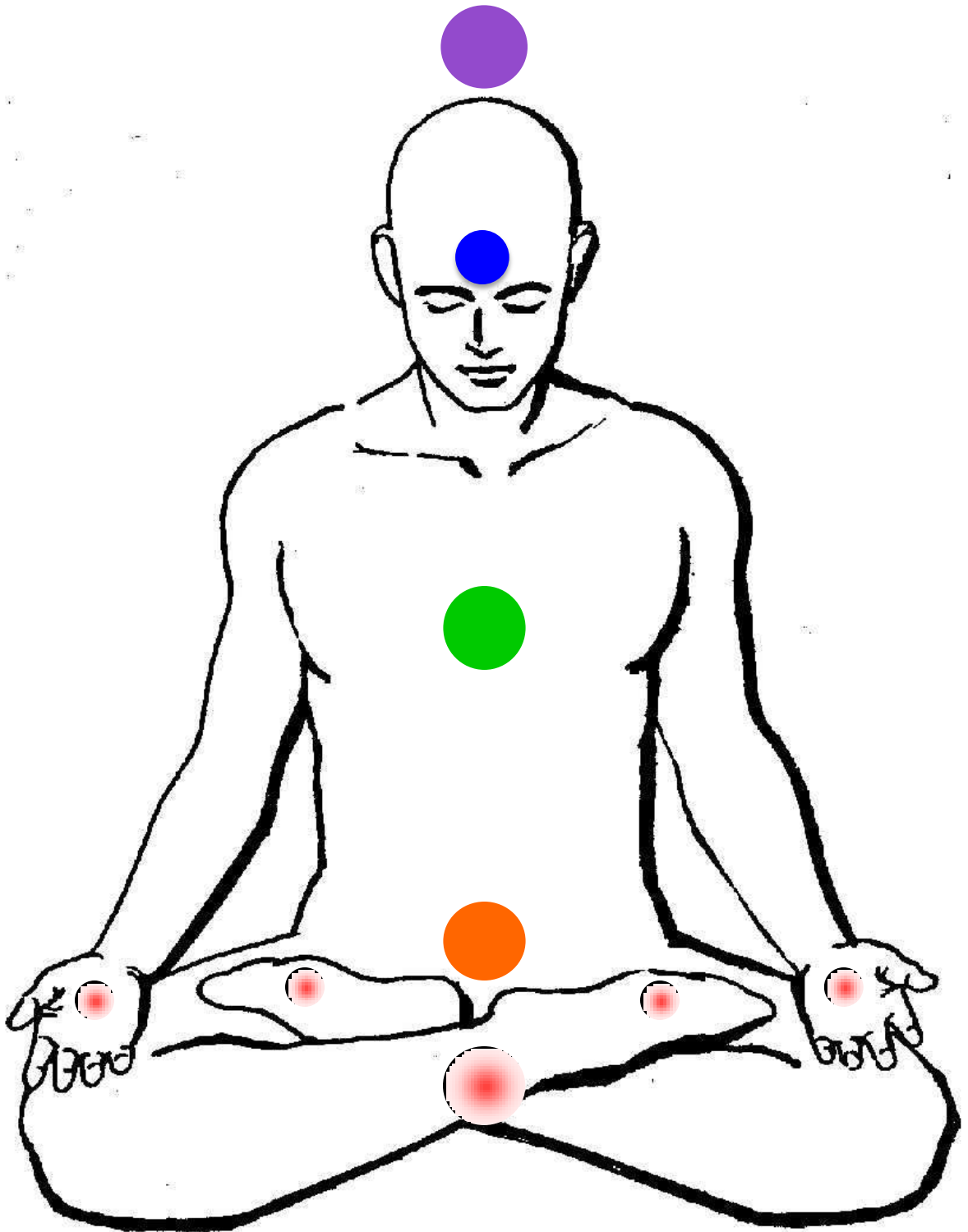
When we say Power Center(**Dahn-Jon**), it usually refers to the Lower Dahn-Jon which is located inside the abdomen, two inches below the navel and two inches inside.

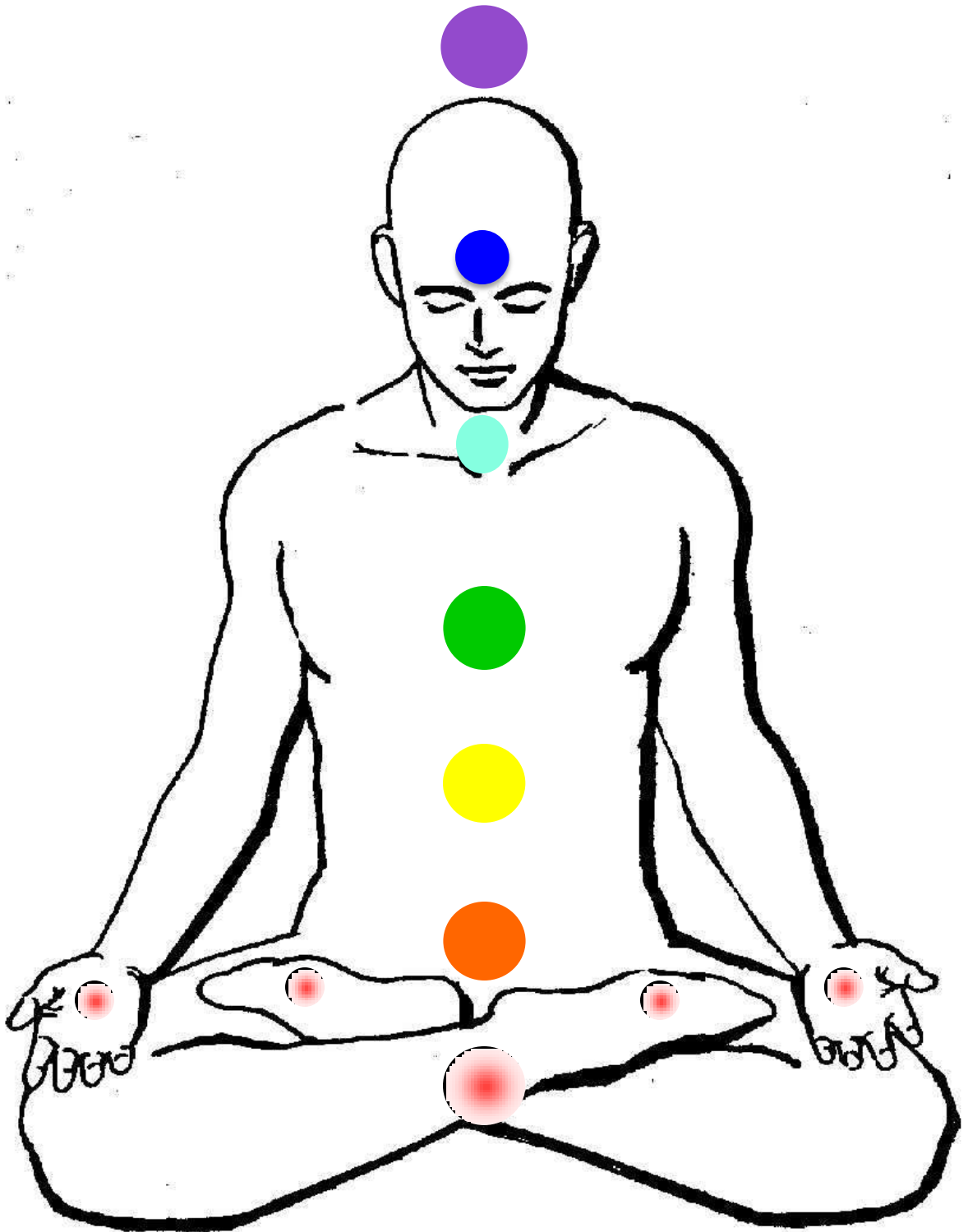






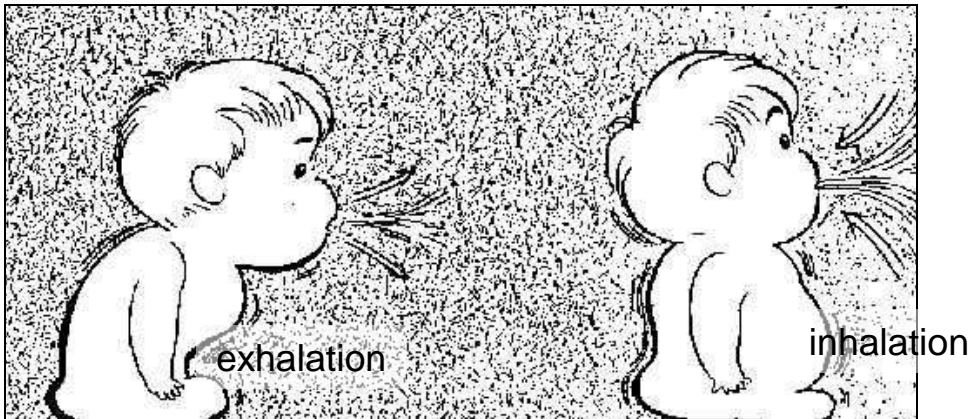






What Breathing Means

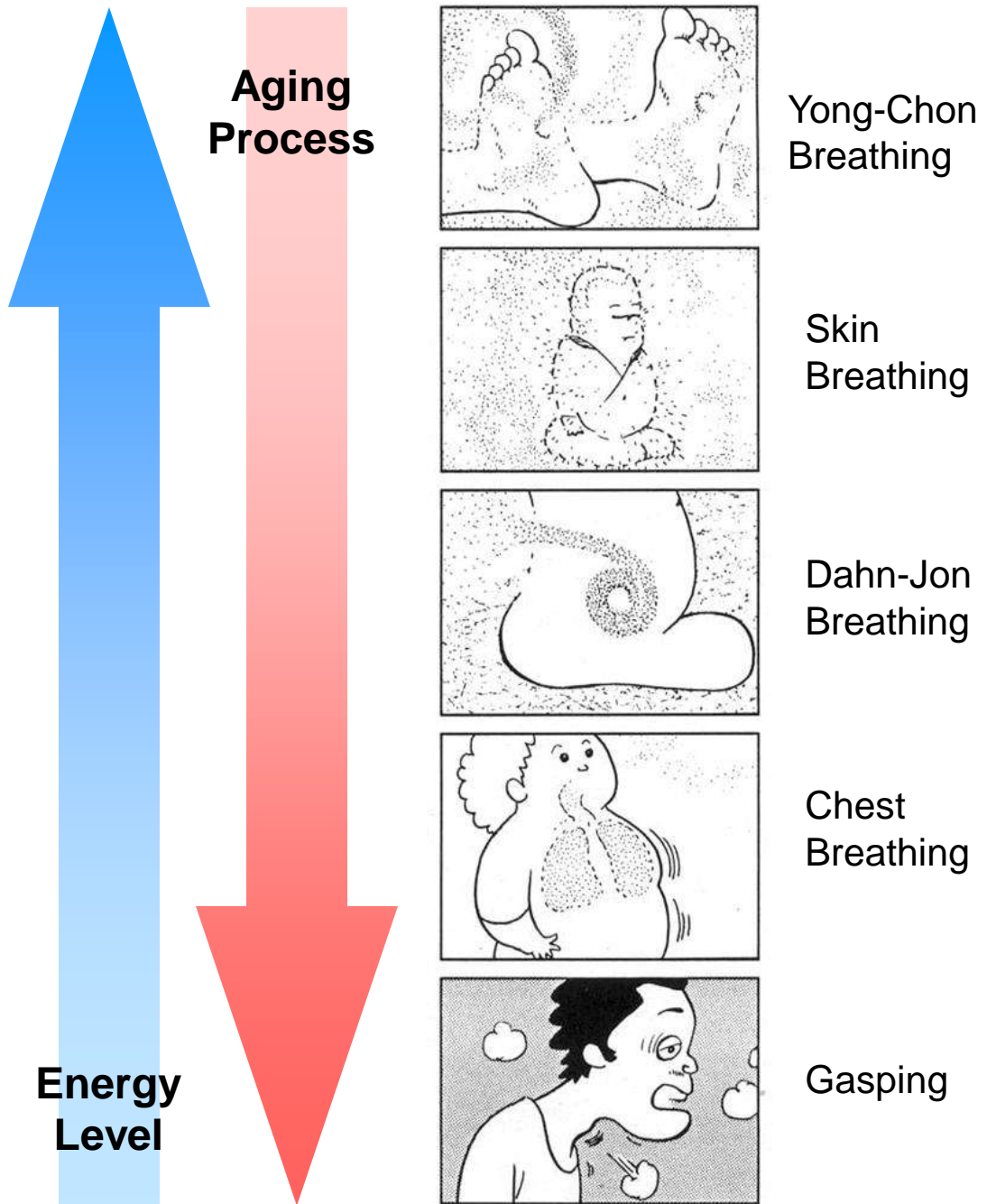
People are born with inhalation, and die with exhalation. Every single cycle of breath has in itself both life & death and with that, something more which is neither life nor death, something in-between and beyond.



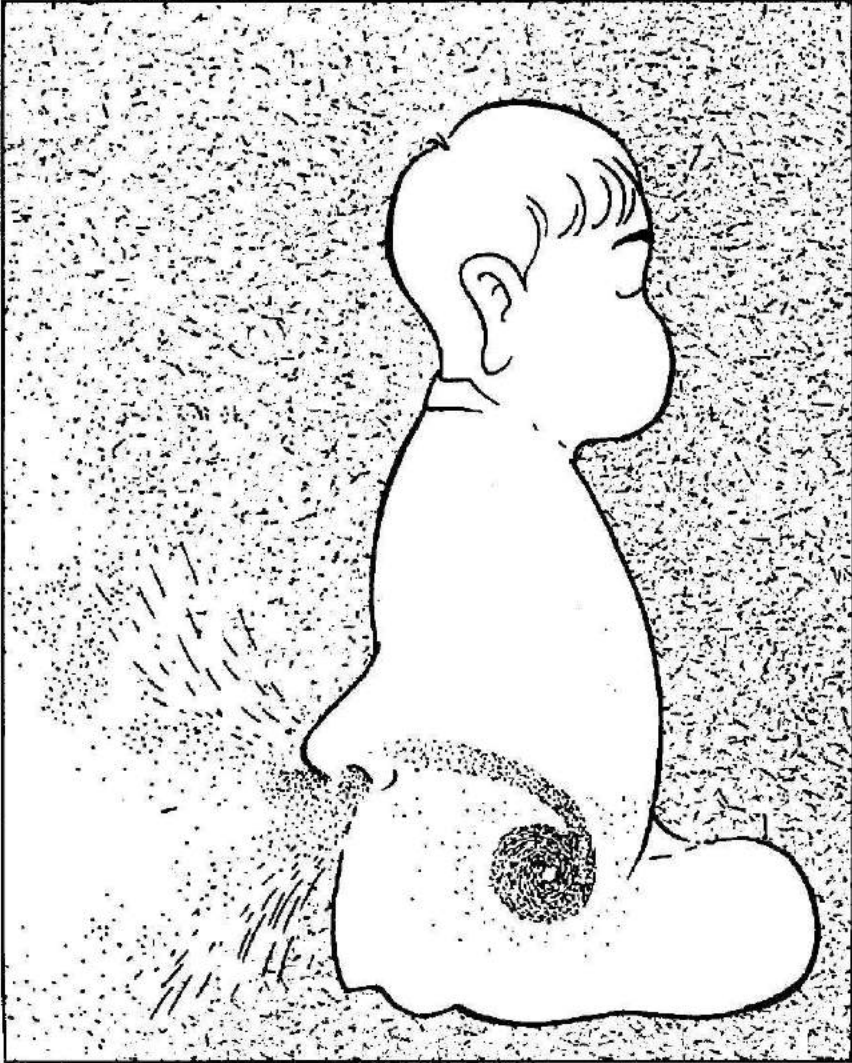
Breath is

the Carrier of (Qi)
Ki-Energy
the Mind/Body Mediator
and the Gateway to Self

Gradation of Breathing

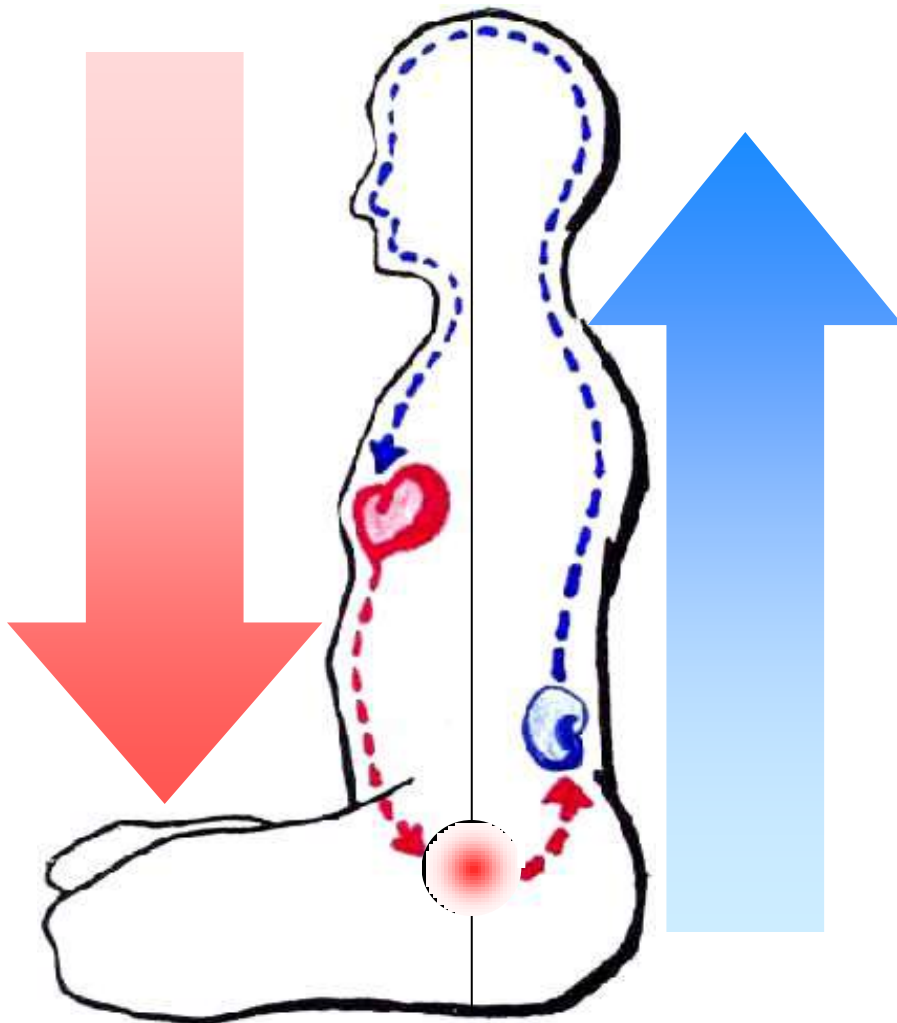


The Way (Qi)Ki-Energy Flows into Power Center Dahn-Jon

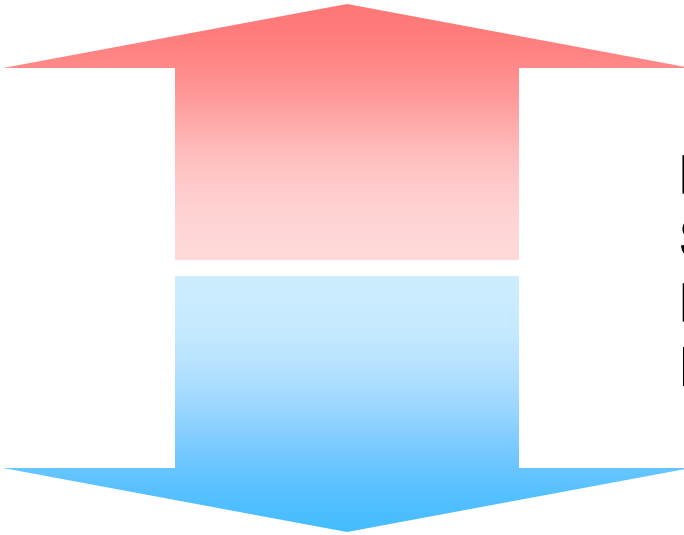


Water-Up/Fire-Down in the Human Body

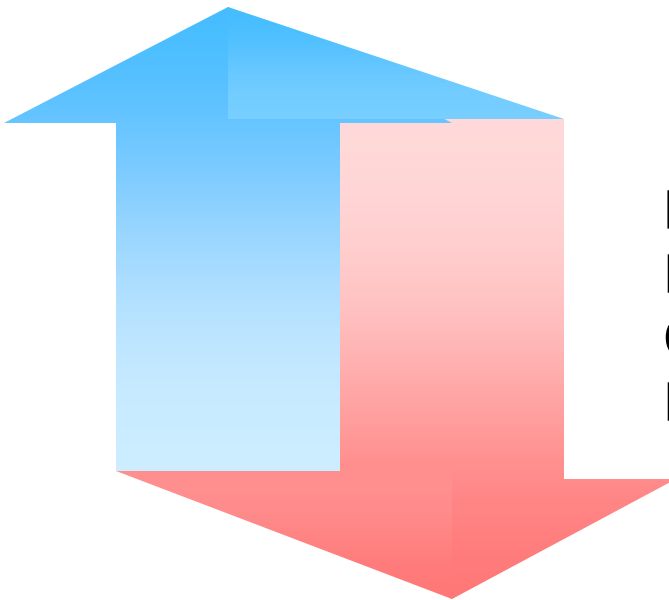
Cosmic Circulation : Dahn-Jon heats the Kidneys and pushes the Water-energy up. The Water-energy cools the heart and pushes its fire energy down to Dahn-Jon.



Water Up, Fire Down



Lifelessness
Static
Disconnection
Increase of Entropy

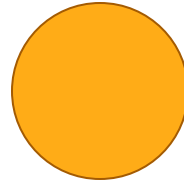


Liveliness
Dynamic
Circulation
Decrease of Entropy

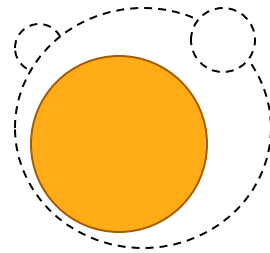
From Mind To Matter

The process of Evolution/Creation which starts from a Idea/Wish and ends with a Its Realization

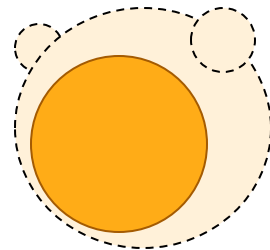
Equilibrium before
Mind moves



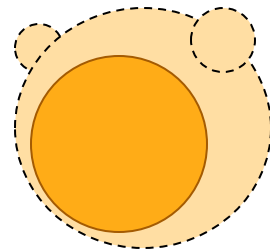
Mind moves and
creates an **Idea/Wish**



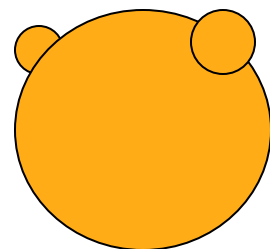
The Idea/Wish pulls
Energy to realize Itself



Energy brings and
organizes the
Blood (Elements)



The Idea/Wish
Materializes



Qi – Control by using
Mind's Power

Breathing Meditation Postures Hang-Gong (Sitting Style)

Practice to strengthen the lower Dhan-jon and develop The middle Dahn-Jon. Hang-Gong postures were created according to the process of growing. Sitting Style shows the stage of childhood whereas the previous lying style represented the early babyhood.



posture 1



posture 2



posture 3



posture 4

Breathing Meditation Postures

Hang-Gong (Sitting Style)



posture 5



posture 7



posture 6



posture 8



posture 9

Un-Ki-Shim-Gong

Energy flow controlling by using one's mind's power

Highly advanced level of meditative exercise which requires enhanced concentration and awareness.

Because energy is the most responsive to the action of one's mind, moving the energy intentionally is one of the most effective way of training for the mastership over one's mind. The practitioner can feel the subtle energy flow through the cosmic circulation channel, and these sensations may be used as a type of bio-feedback signal for the training.

Relaxation
Concentration, and
a deep Connection...



Relaxed & Concentrated Watching

Concentrate with half-opened eyes
Focus on the energy sensation on the palms
Connect the feeling with the inner sensation of energy flowing
through the cosmic circulation channel
Move the hands very slowly in order not to lose the connection
Keep watching inside and outside together until the sense of
separation dissolves.

2. Un-Ki-Shim-Gong practice (Intermediate style)



posture 1



posture 2



posture 3



posture 4



posture 5

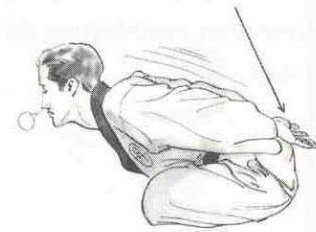


posture 6



posture 7

Un-Ki-Shim-Gong practice (Intermediate Style)



posture 8



posture 9



posture 10



posture 11



posture 12



posture 13

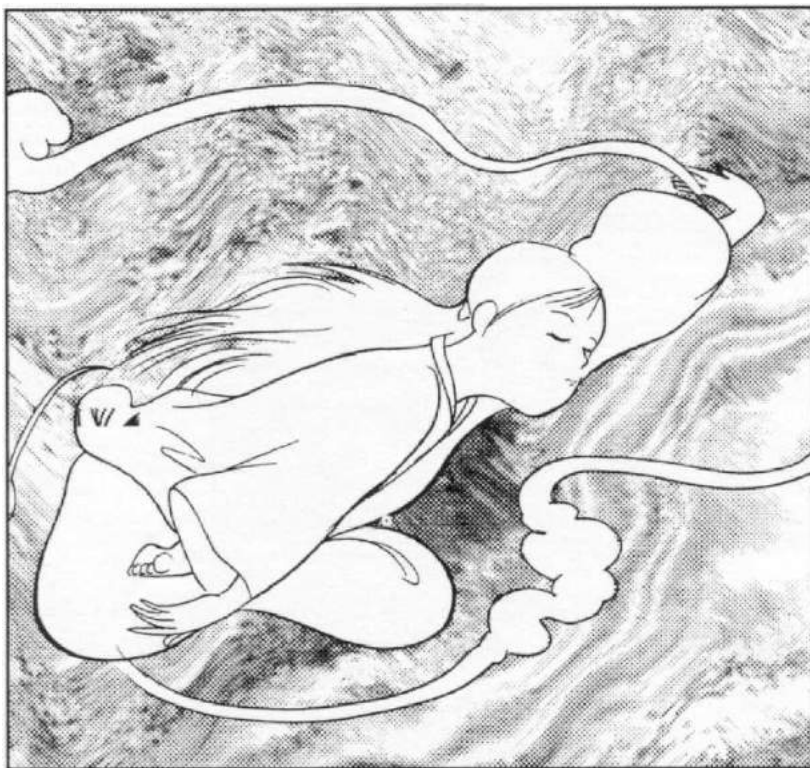
Un-Ki-Shim-Gong practice (Advanced Style)



Cosmic Dance(Energy Dance)

Experience of Creator-ship

Direct physical experience of creation is possible by letting the physical body represent the image which the mind has Created. Through this, one can experience oneself creating and being created at the same time.



Chong-Chon-Bak-Hak :

Gae-Hwa-Jo-Sung :

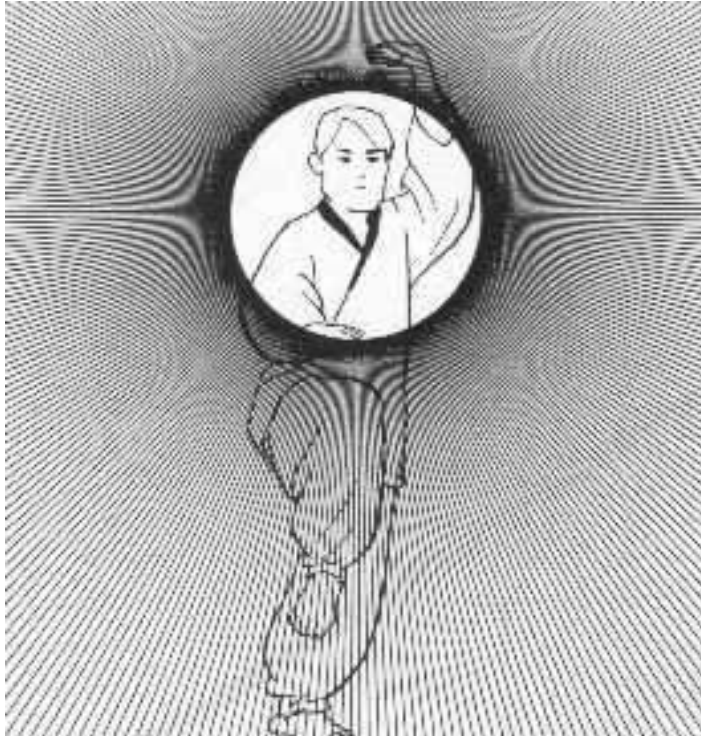
Nak-Hwa-Yu-Souh :

Nak-Souh-Byuk-Ryuk :

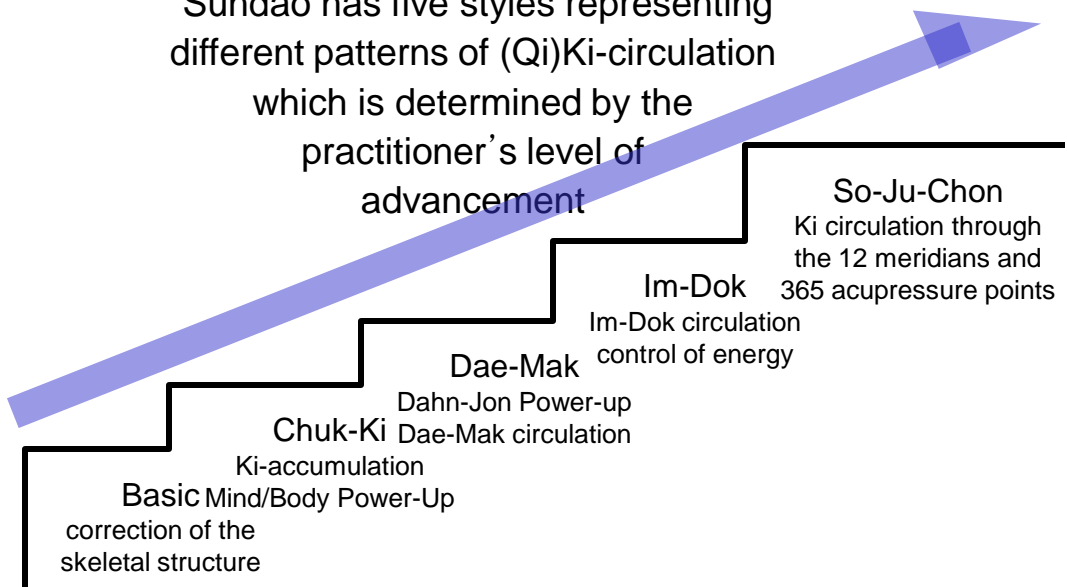
Gae-Woon-Il-Gwang :

Martial Arts

Powerful motions of martial arts developing from the outflow of (Qi)Ki-energy accumulated through practicing Energy Dance



Sundao has five styles representing different patterns of (Qi)Ki-circulation which is determined by the practitioner's level of advancement



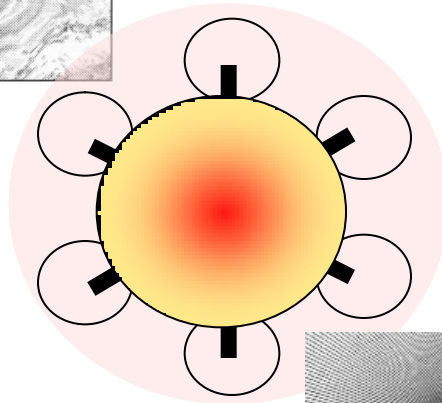
from Dancing to Martial Arts

From Cosmic Dance to Sundao

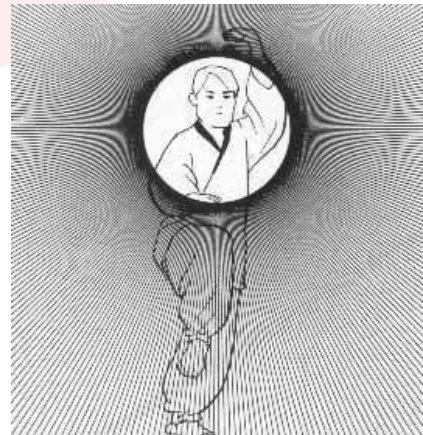
Dancing and Martial Arts are two different bodily manifestations of the flow of the same (Qi)Ki-energy



Beauty & Grace
Freedom
Spontaneity
Feminine/Yin

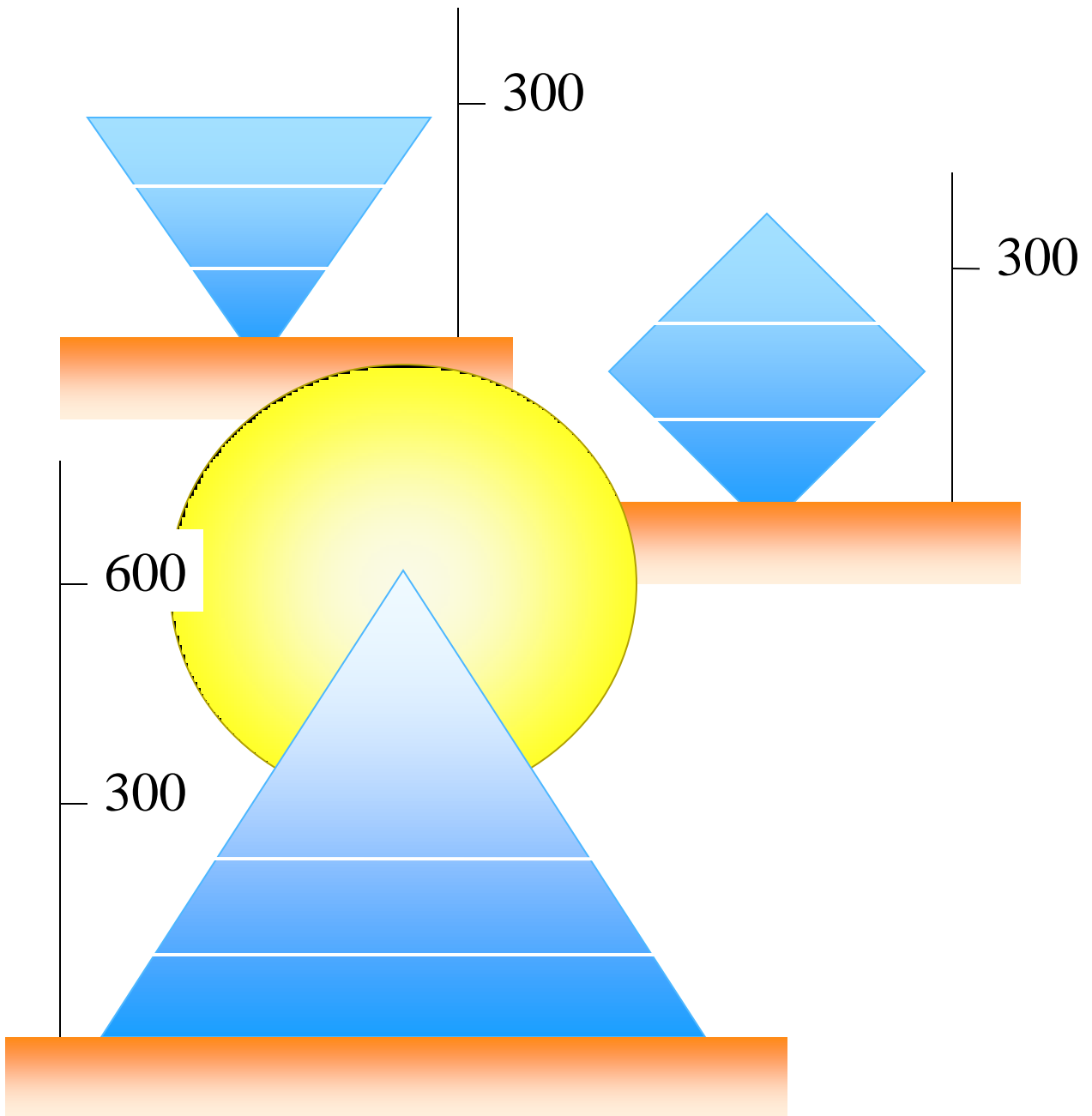


Power & Majesty
Orderliness
Purposefulness
Masculine/Yang



Balance and Growth

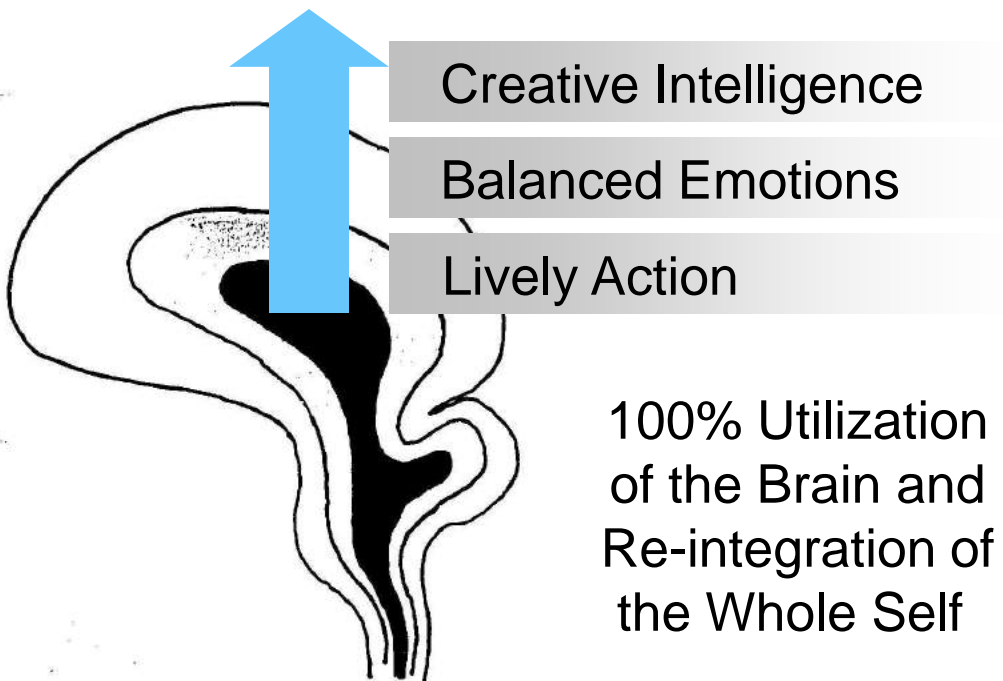
The way the pattern of relatedness between body/
heart/mind works on the growth of consciousness



The Educational Goal of the **Sundao** curriculum is to empower you to

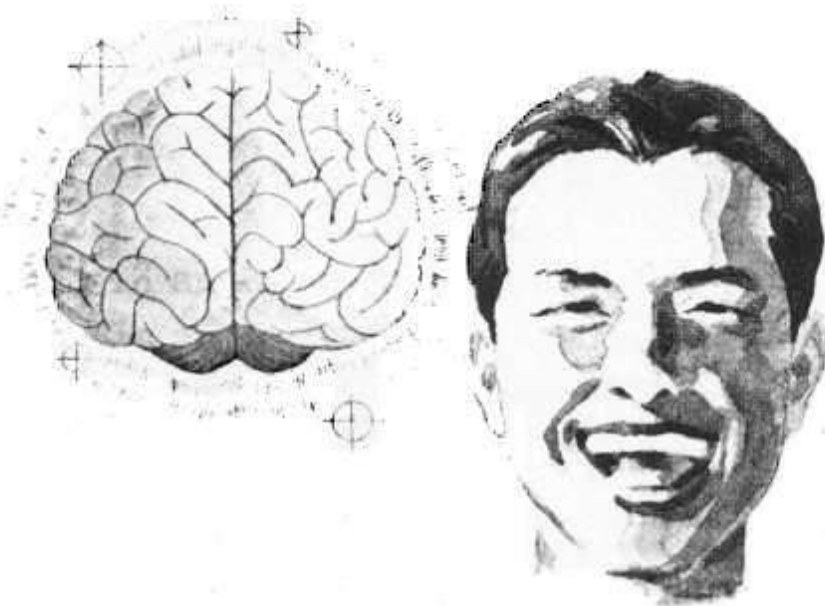
Get over Doubt & Fear

Think & Feel the way you intend
As you Re-integrate, Re-Connect
To Develop the whole personality



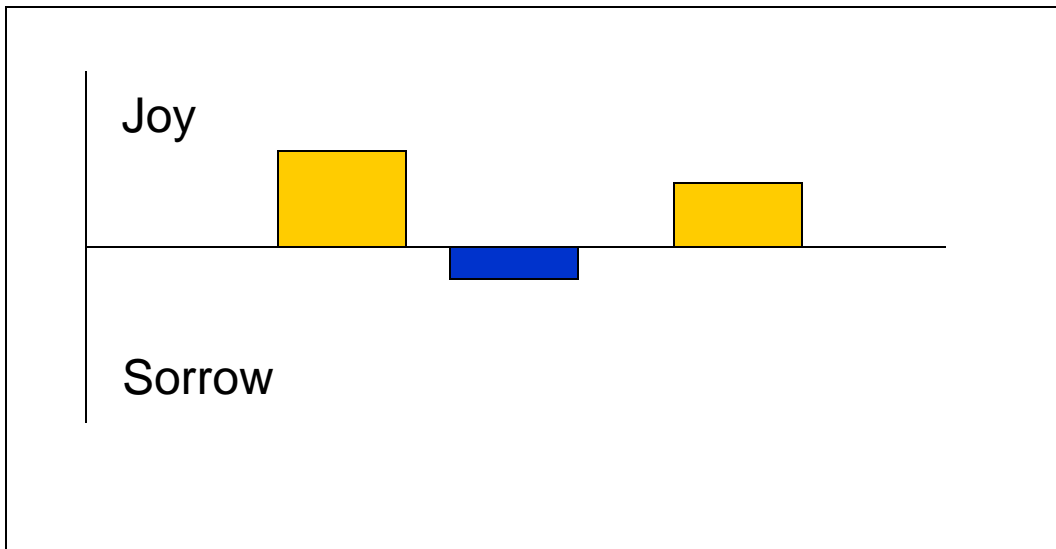
The Way Laughing Works on the Brain

When you frown, you feel your brain and chest uneasy and constricted. With laughing, they get refreshed and energized.

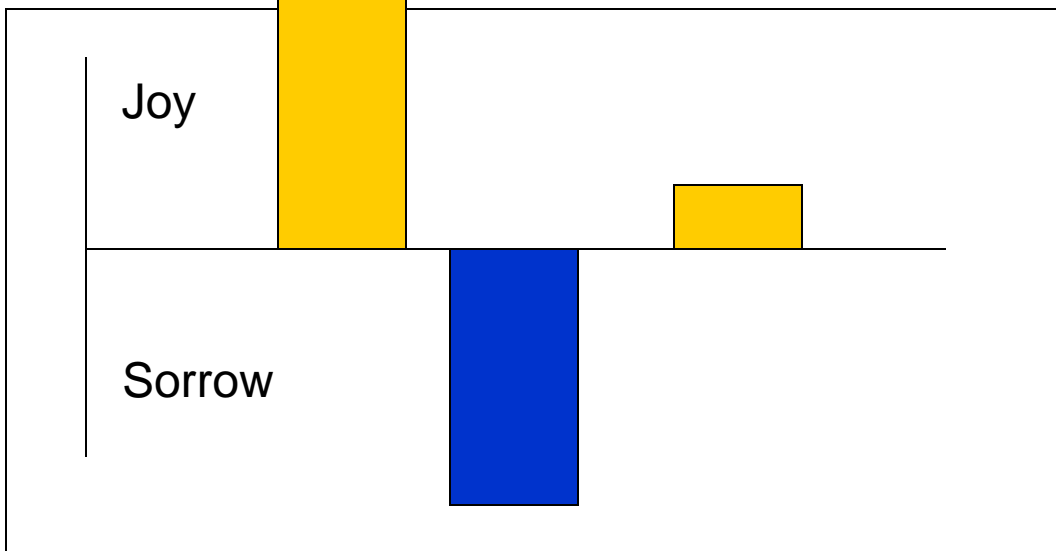


Deep Balance of Emotions

case 1



case 2

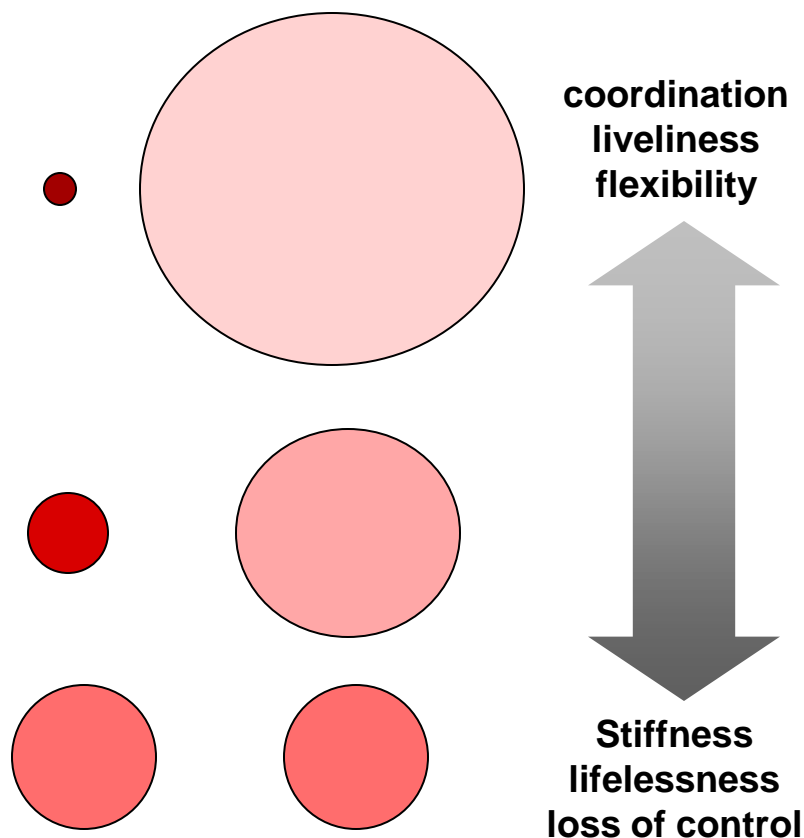


Conscious and purposeful use of one's body and (Qi)Ki-energy

Martial-Arts is not a fighting technique. It is a somatic science : a system of experiential knowledge and educational method to teach how to use efficiently and purposefully the functions & energy of one's body.

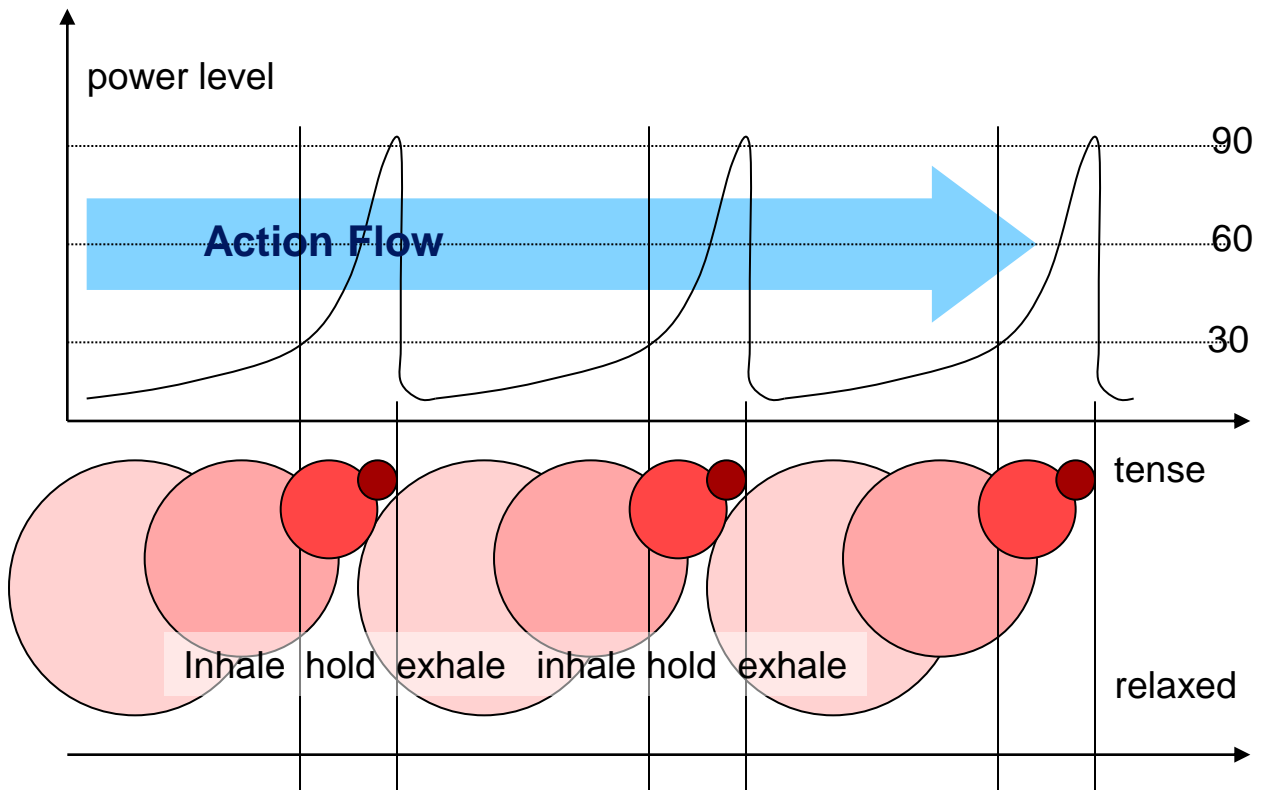
Tension & Relaxation

The level of physical coordination can be shown by the degree of difference between tension and relaxation.



Level of Physical Coordination

power & controllability



Maximum power is created from the coordination between the rhythm of breathing (inhale, hold, exhale), motion of tension/relaxation, and the intention. Training with this coordination brings the increased controllability of your power, at first on the physical-body level and later, on the energy-body level.

Mastership over Body/Mind

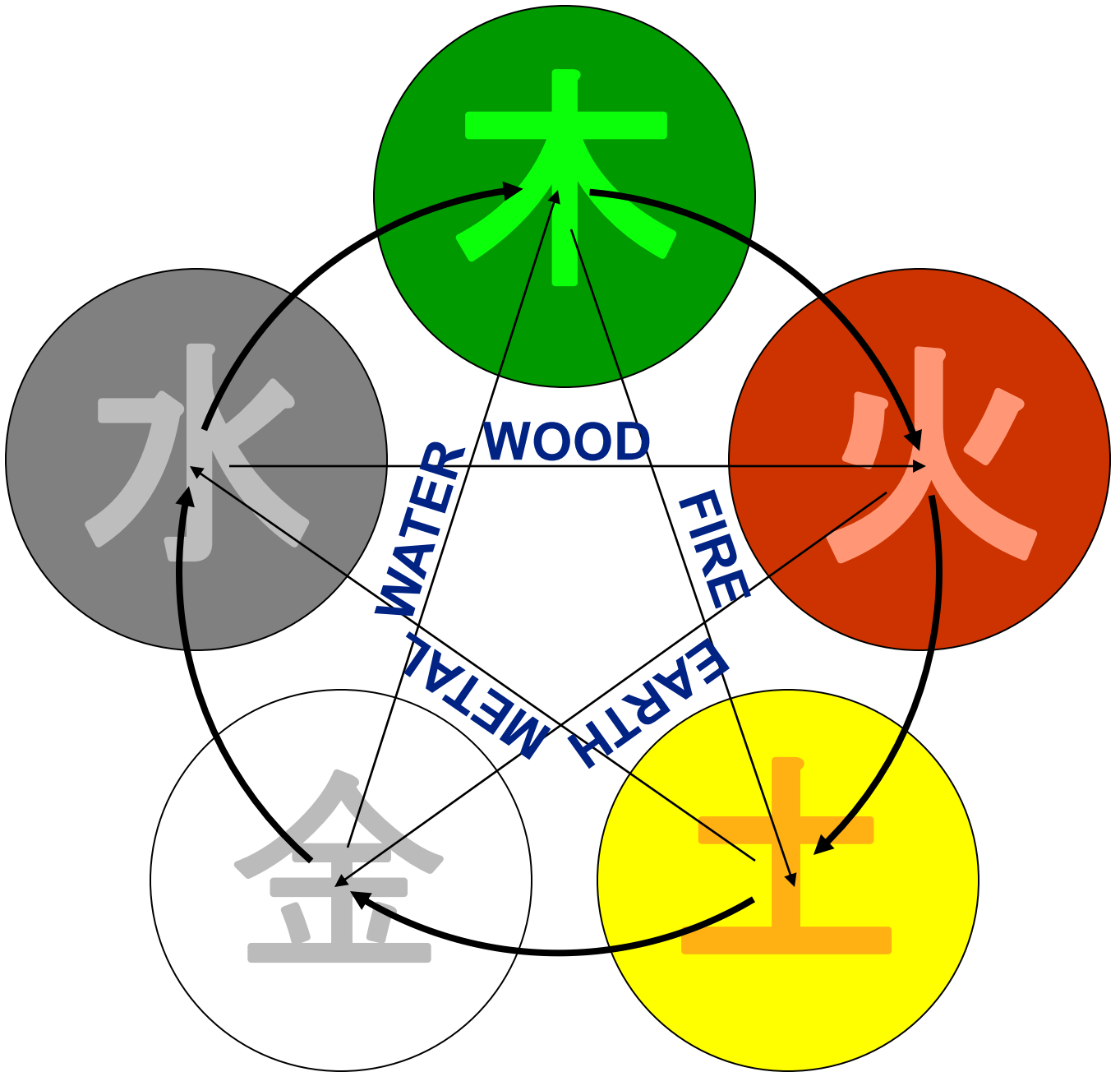
Session Goal

Regaining the true mastership over one's Body, Mind, by learning how to release the limiting energy on your body and life, & How to control and utilize the (Qi)Ki-energy consciously and purposefully

Steps to the Mastership over Body/Mind






1. Understanding of the Emotional Functions of Body/Mind
2. Learning how to manage the emotional energy
3. Conscious control of the (Qi)Ki-energy flow
4. Conscious use of the power of Body/Mind
5. Experience of Consciousness Manifestation, Re-Creation.

Shifts of Five Elements



Elemental Relatedness

between elements, emotions, directions & sounds

Elements	Organs	Emotions	Directions	Sound
 WOOD	LIVER	ANGER	EAST	MOK
 FIRE	HEART	JOY	SOUTH	HWA
 EARTH	STOMACH	ANXIETY	CENTER	TOH
 METAL	LUNGS	SORROW	WEST	KUHM
 WATER	KYDNEYS	FEAR	NORTH	SOUH

Elemental Chanting

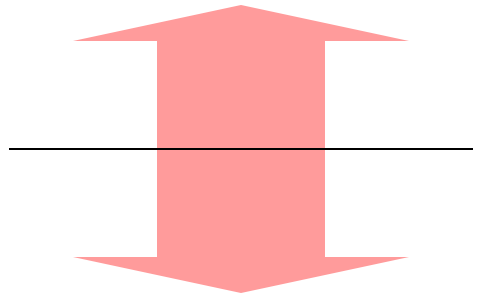
Working on emotions by making the congenial sound for the related organs



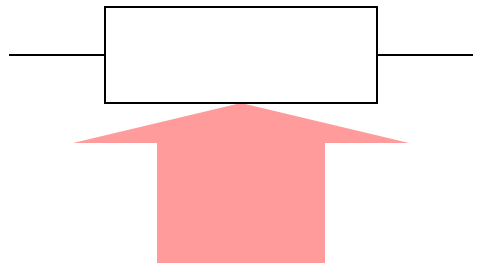
Each element and each organ has its equivalent congenial sound which works on the elementally related organ. Making elemental sound with concentration on the related organ improves its health and functionality and thereby makes it easier to release the related emotions.

How to Manage Emotions

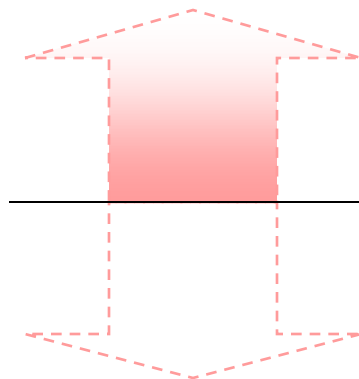
1. Expression
(=Impression)



2. Suppression



3. Release
an emotionally
healthier alternative



What Is Release?

Emotional Memory

Emotional Energy

Factual Memory

Atom - Energy = Bit

Making Release Charts

Emotional Memories related with **sorrow**.....

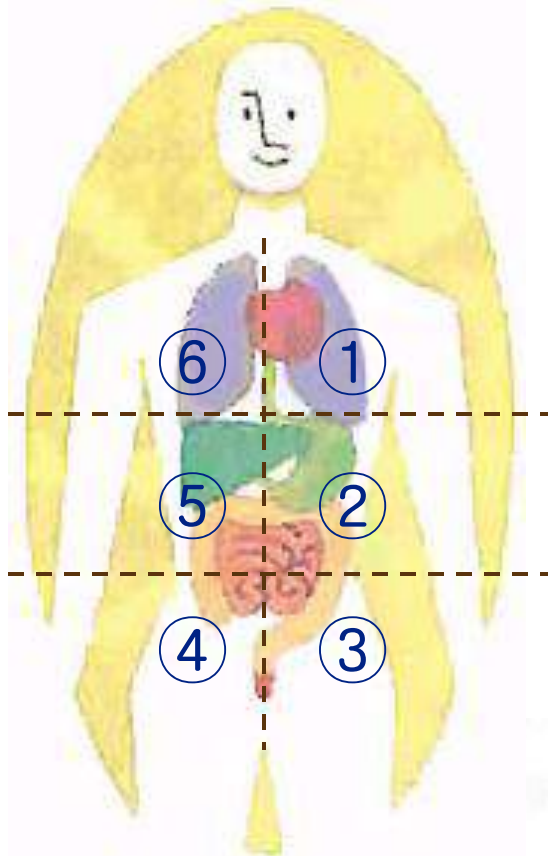
Reminder	Now Feeling			Released?
	strong	weak	nothing	

Release the emotional memories related with **anger, fear, jealousy, shame, guilt....**

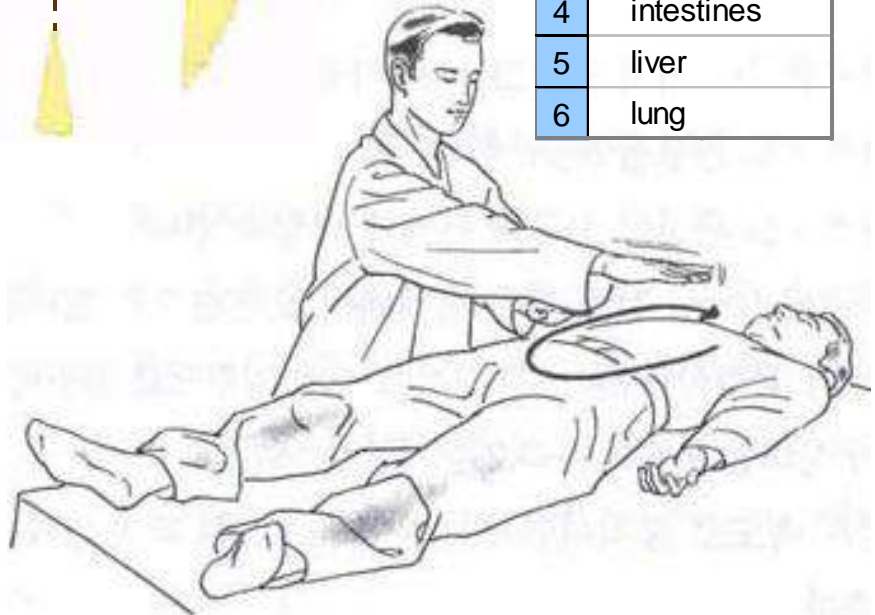
Adding & Relieving



(Qi)Ki-Energy Body Check-up



	organs
1	heart, lung
2	stomach
3	intestines
4	intestines
5	liver
6	lung



Being in Mindfulness



Development of Mindfulness

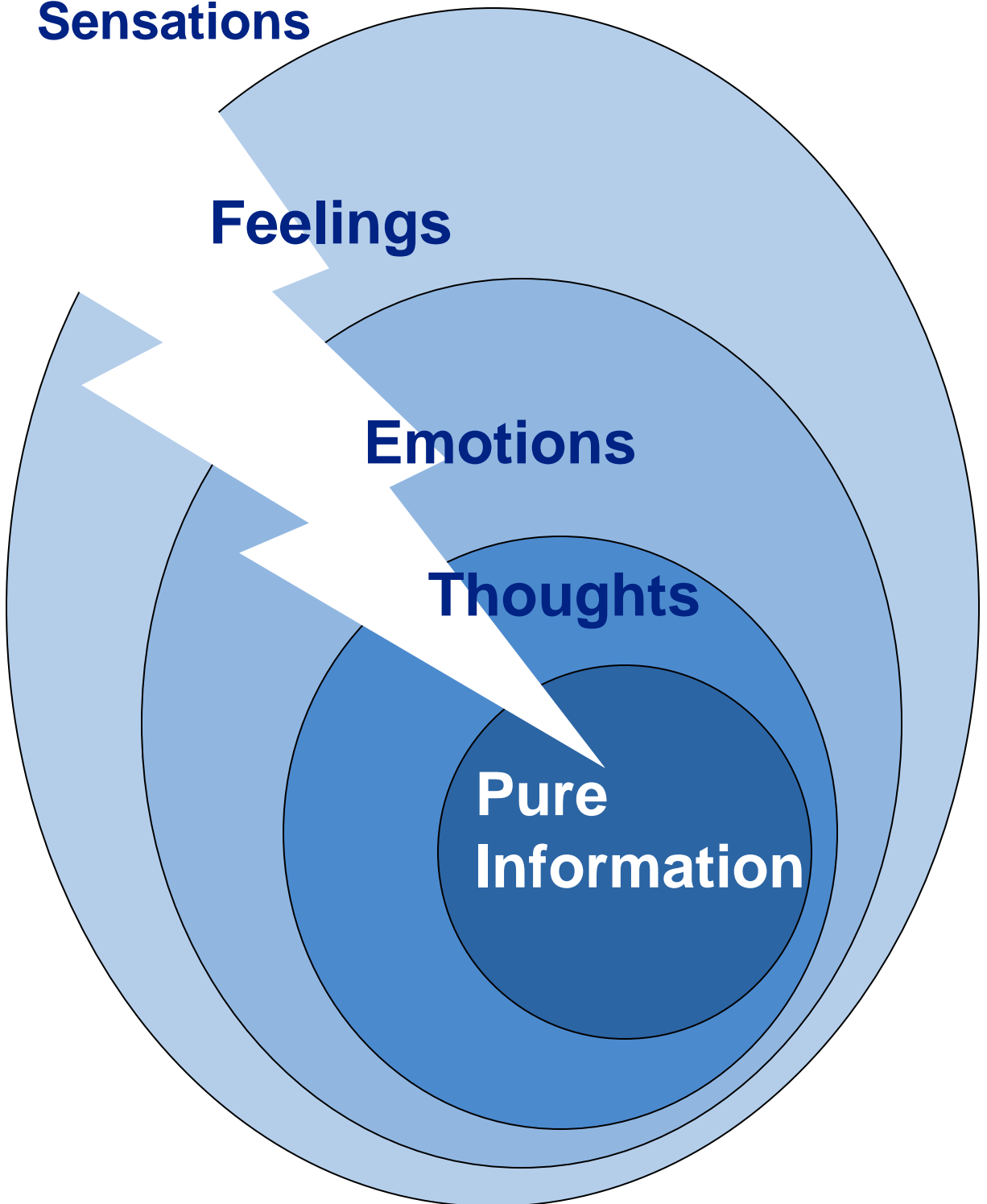
Sensations

Feelings

Emotions

Thoughts

Pure
Information



Hang-Gong Sitting Style



posture 1



posture 4



posture 7



posture 2



posture 5



posture 8



posture 3

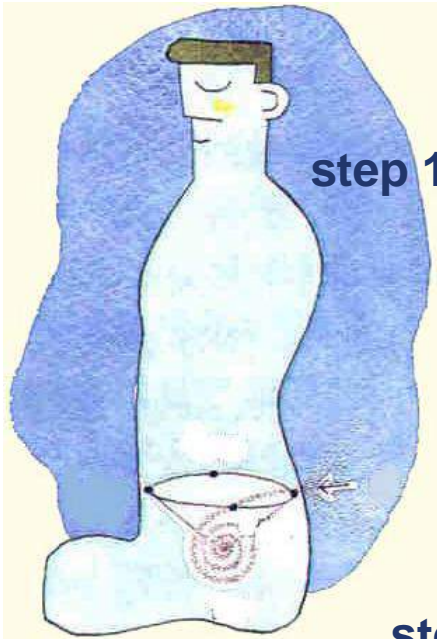


posture 6

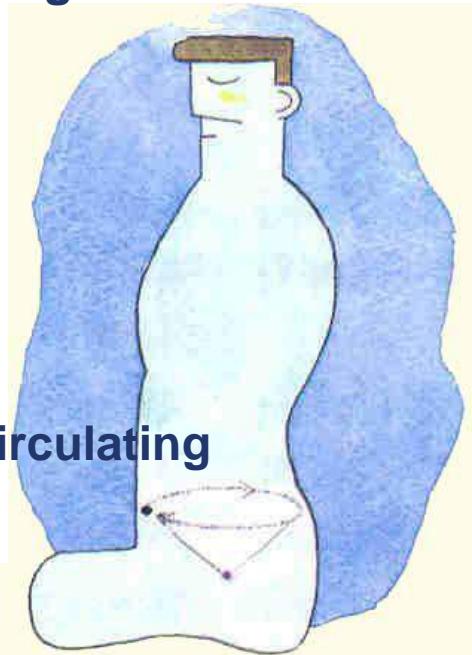


posture 9

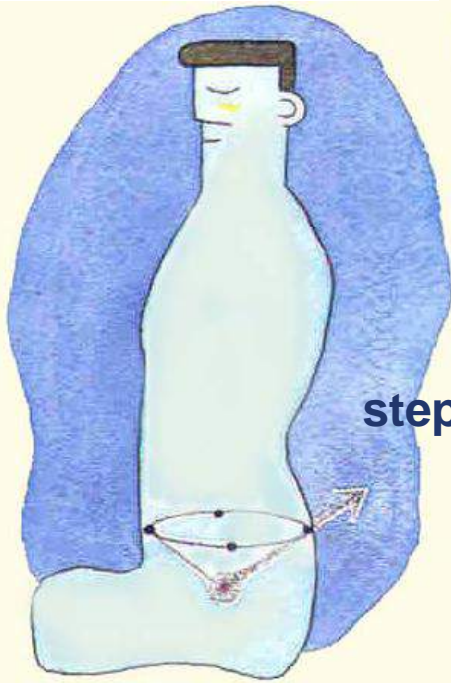
Activating the Girdle Meridian for Dahn-Gong Girdle Form



step 1 : inhaling



step 2 : circulating



step 3 : exhaling

Excess	Emotion	Element	Emotion	Deficiency
Habitual Behavior		Virtue		Habitual Behavior
	<i>fear</i>	WATER	<i>fear</i>	
Conservativeness		Wisdom		Recklessness
Orthodoxy		Contemplation		Fantasy
Stinginess		Cleverness		Profligacy
Dormancy		Concentration		Scatteredness
	<i>joy</i>	FIRE	<i>joy</i>	
Control		Propriety		Chaos
Tyrant		Sage		Sycophant
Delusion		Insight		Dullness
Guardedness		Intimacy		Vulnerability
Attachment		<i>Wuwei</i>		Apathy
Domination		Mastery		Submission
	<i>anger</i>	WOOD	<i>anger</i>	
Belligerence		Benevolence		Timidity
Resentment		Discernment		Indecision
Rigidity		Flexibility		Flaccidity
Arrogance		Esteem		Humility
Determination		Patience		Resignation
	<i>longing</i>	METAL	<i>grief</i>	
Gain		Righteousness		Loss
Fullness		Balance		Emptiness
Materialism		Nonattachment		Asceticism
Sulliedness		Purity		Sterility
Zealotry		Inspiration		Despondence
Vanity		Self-worth		Self-deprecation
Hardness		Receptivity		Frailness
	<i>sympathy</i>	EARTH	<i>sympathy</i>	
Self-indulgence		Integrity		Ingratiation
Selfishness		Altruism		Martyrdom
Self-sufficiency		Reciprocity		Neediness
Obsession		Engagement		Boredom
Production		Integration		Consumption
Stubbornness		Adaptability		Complacency

Row 1 Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Unreceived	Effort Unreceived Heartache Insecurity Overjoy Vulnerability
Row 2 Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
Row 3 Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
Row 4 Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
Row 5 Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
Row 6 Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

THE MAP OF CONSCIOUSNESS

	View on God	View on Life	Level Name	Level #	Emotions	Process	
	Self	Is	Enlightment	700 - 1000	Ineffable	Pure Consciousness	
	All Being	Perfect	Peace	600	Bliss	Illumination	
<i>Spontaneous Healing</i>							
P	One	Complete	Joy	540	Serenity	Transfiguration	S
O	Loving	Benign	Love	500	Reverence	Revelation	T
W	Wise	Meaningful	Reason	400	Understanding	Abstraction	R
E	Merciful	Harmonious	Acceptance	350	Forgiveness	Transcendence	O
R	Inspiring	Hopeful	Willingness	310	Optimism	Intention	N
	Enabling	Satisfactory	Neutrality	250	Trust	Release	G
	Permitting	Feasible	Courage	200	Affirmation	Empowerment	
<i>Levels at or above 200 have Truth, Integrity and support life.</i>						<i>CREATIVE</i>	
<i>Levels below 200 are False, lack Integrity, do not support life.</i>						<i>DESTRUCTIVE</i>	
	Indifferent	Demanding	Pride	175	Scorn	Inflation	
	Vengeful	Antagonistic	Anger	150	Hate	Aggression	
F	Denying	Disappointing	Desire	125	Craving	Enslavement	W
O	Punitive	Frightening	Fear	100	Anxiety	Withdrawal	E
R	Disdainful	Tragic	Grief	75	Regret	Despondence	A
C	Condemning	Hopeless	Apathy	50	Despair	Abdication	K
E	Vindictive	Evil	Guilt	30	Blame	Destruction	
	Despising	Miserable	Shame	20	Humiliation	Elimination	

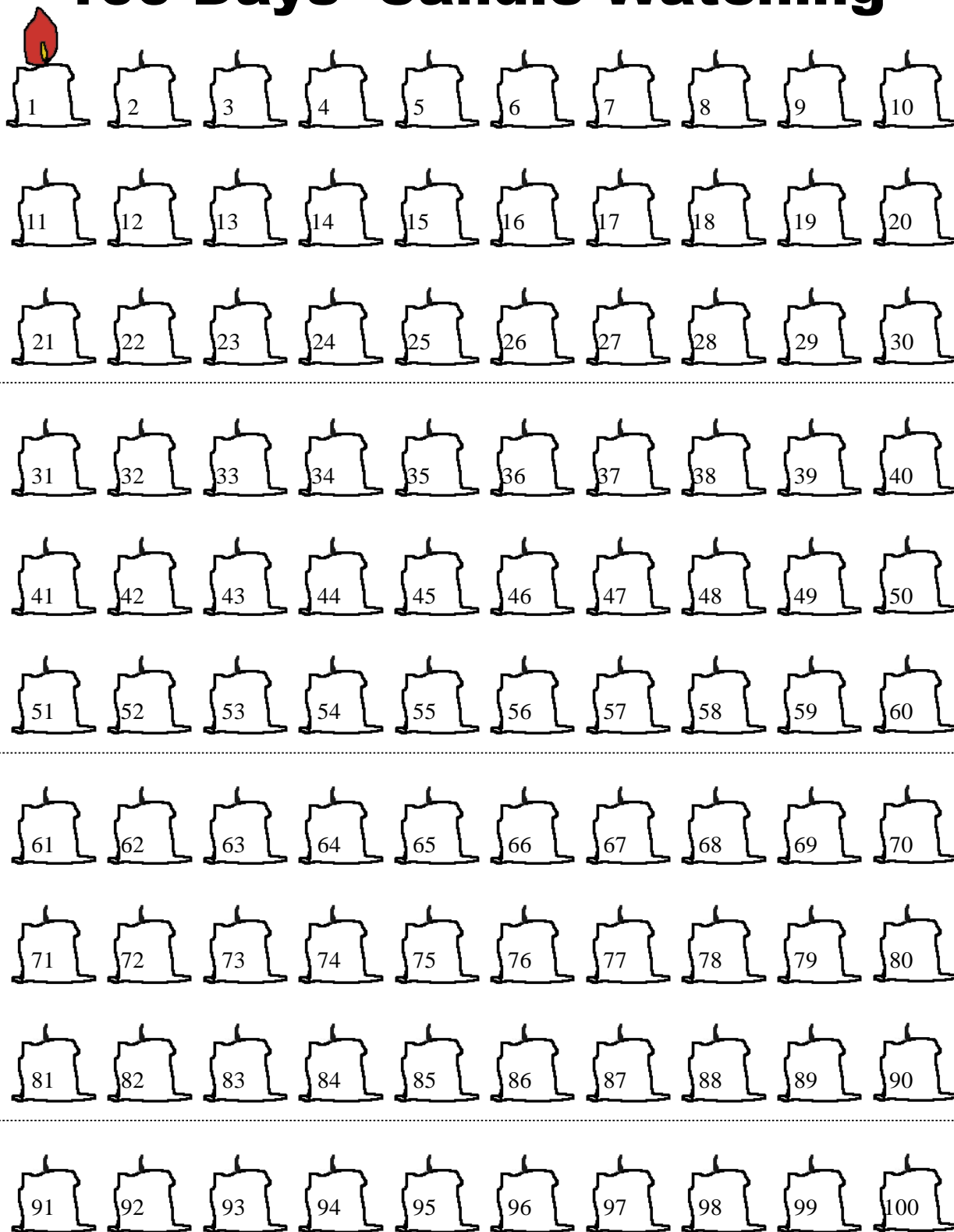
POWER is self-sustaining, permanent, stationary, and invincible.

FORCE is temporary, consumes energy, and moves from location to location

Logarithmic Energy Field increase: 1 = 1; 2 = 10; 3 = 100; 4 = 1000; 5 = 10.000; 6 = 100.000; etc.

All levels below 500 are "objective" and all levels from 500 to 1000 are "subjective"

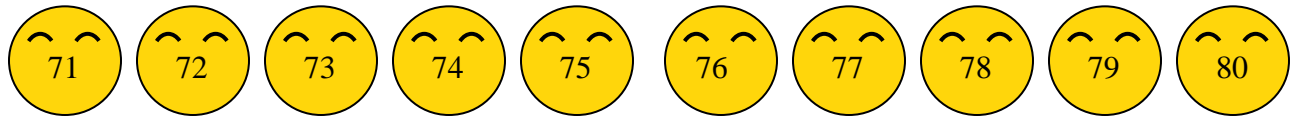
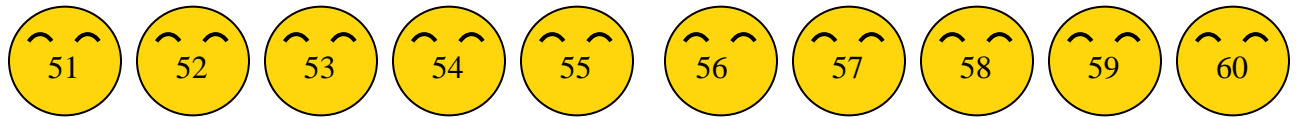
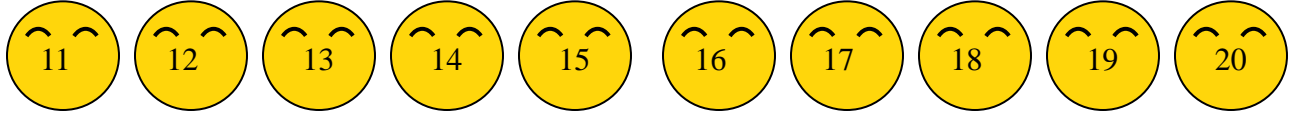
100 Days' Candle-Watching



Recommended : 3 hrs a day for the 1st 30 days, 6 hrs for the 2nd 30 days, 9 hrs for the 3rd 30 days, and 10 hrs for the last 10 days
The minimum requirement : 3 hours a day for 100 days, and 21 times bowing practice everyday for 100 days.

I finished the assignment honestly, sincerely, and responsibly. _____
signature

100 Days' Smiling



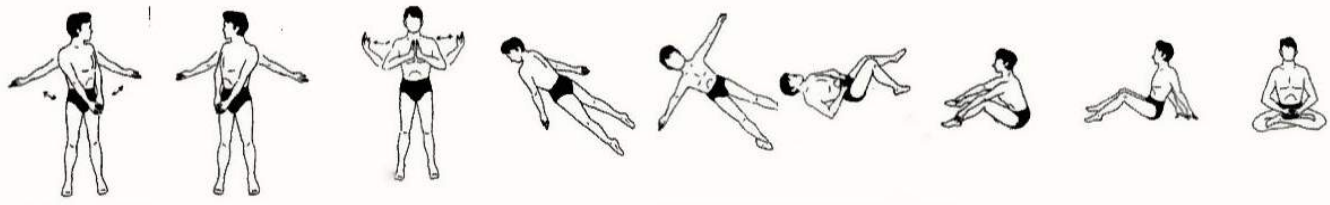
The minimum requirement : 3 hours a day for 100 days, and 49 times bowing practice everyday for 100 days.

I finished the assignment honestly, sincerely, and responsibly. _____

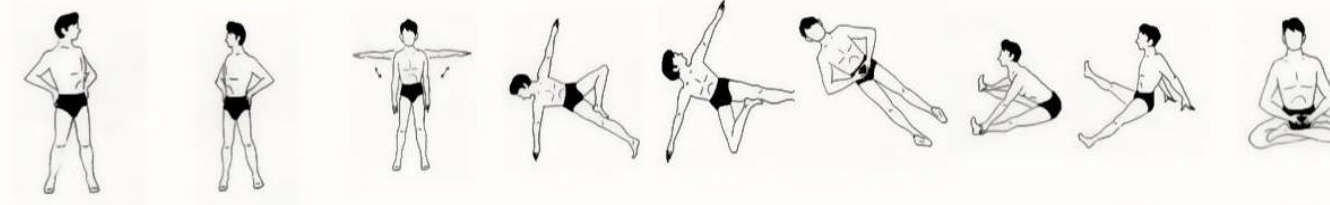
signature

天陰法 天陽法 天合法 地陰法 地陽法 地合法 人陰法 人陽法 人合法

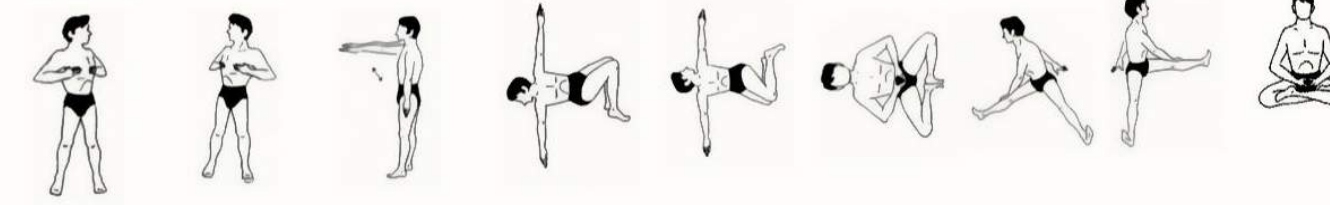
1 象



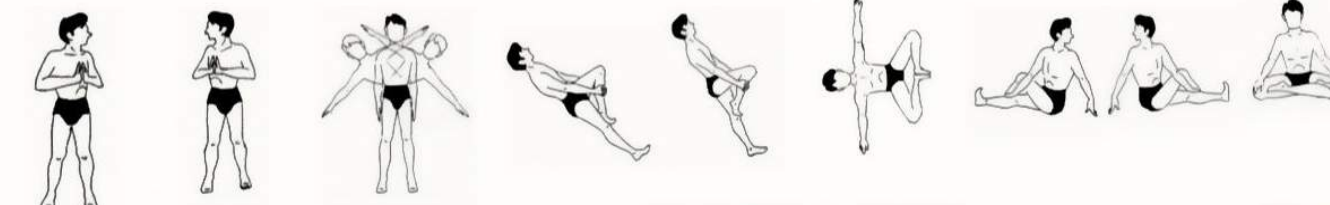
2 象



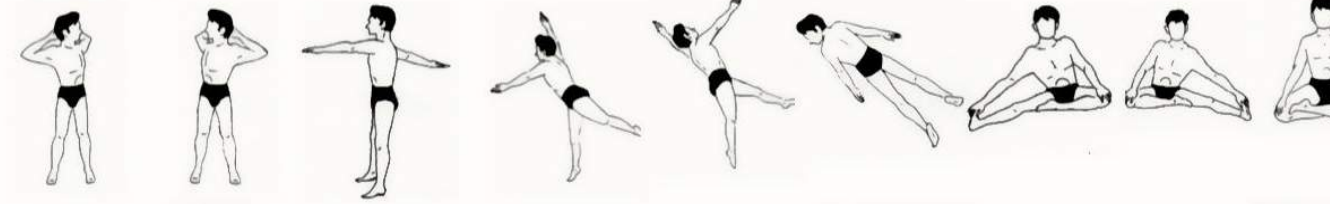
3 象



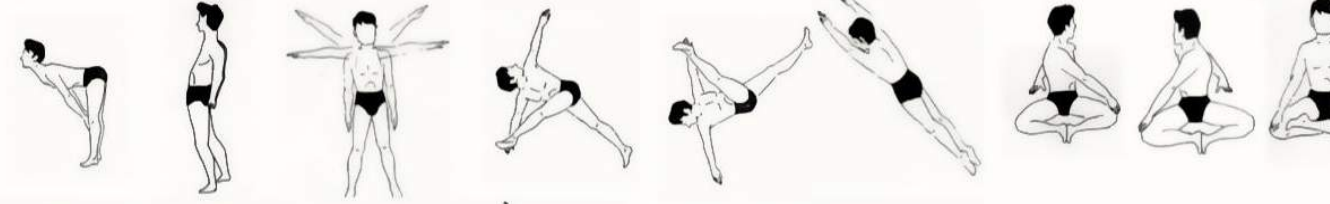
4 象



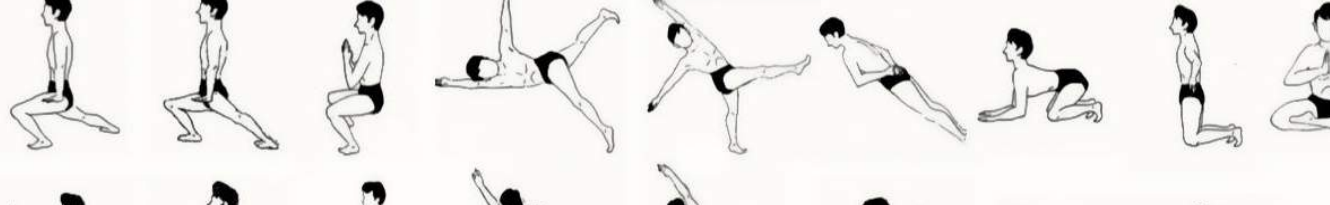
5 象



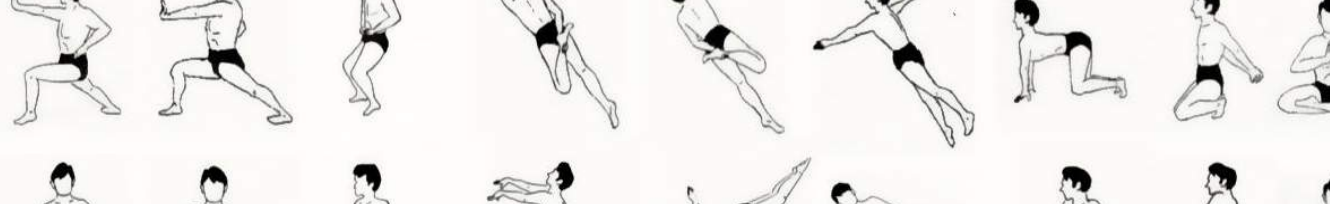
6 象



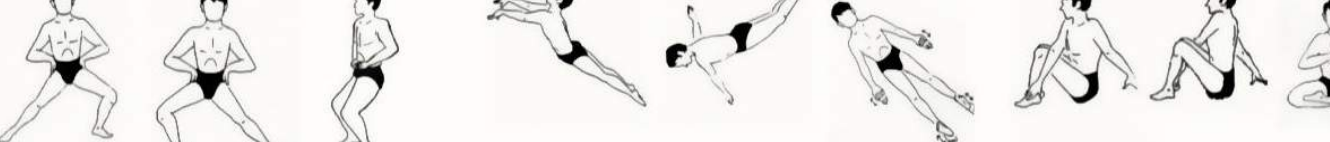
7 象



8 象



9 象



Clinically Proven "Map of Consciousness"

View on God	View on Life	Level Name	Level #	Emotions	Process
Self	Is	Enlightenment	<u>700-1000</u>	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	<u>600</u>	Bliss	Illumination
One	Complete	Joy	<u>540</u>	Serenity	Transfiguration
Loving	Benign	Love	<u>500</u>	Reverence	Revelation
Wise	Meaningful	Reason	<u>400</u>	Understanding	Abstraction
Merciful	Harmonious	Acceptance	<u>350</u>	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	<u>310</u>	Optimism	Intention
Enabling	Satisfactory	Neutrality	<u>250</u>	Trust	Release
Permitting	Feasible	Courage	<u>200</u>	Affirmation	Empowerment

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Levels at or above 200 have Truth, Integrity and support life.

CREATIVE

Levels below 200 are False, lack Integrity, do not support life.

DESTRUCTIVE



F
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Indifferent	Demanding	Pride	<u>175</u>	Scorn	Inflation
Vengeful	Antagonistic	Anger	<u>150</u>	Hate	Aggression
Denying	Disappointing	Desire	<u>125</u>	Craving	Enslavement
Punitive	Frightening	Fear	<u>100</u>	Anxiety	Withdrawal
Disdainful	Tragic	Grief	<u>75</u>	Regret	Despondence
Condemning	Hopeless	Apathy	<u>50</u>	Despair	Abdication
Vindictive	Evil	Guilt	<u>30</u>	Blame	Destruction
Despising	Miserable	Shame	<u>20</u>	Humiliation	Elimination

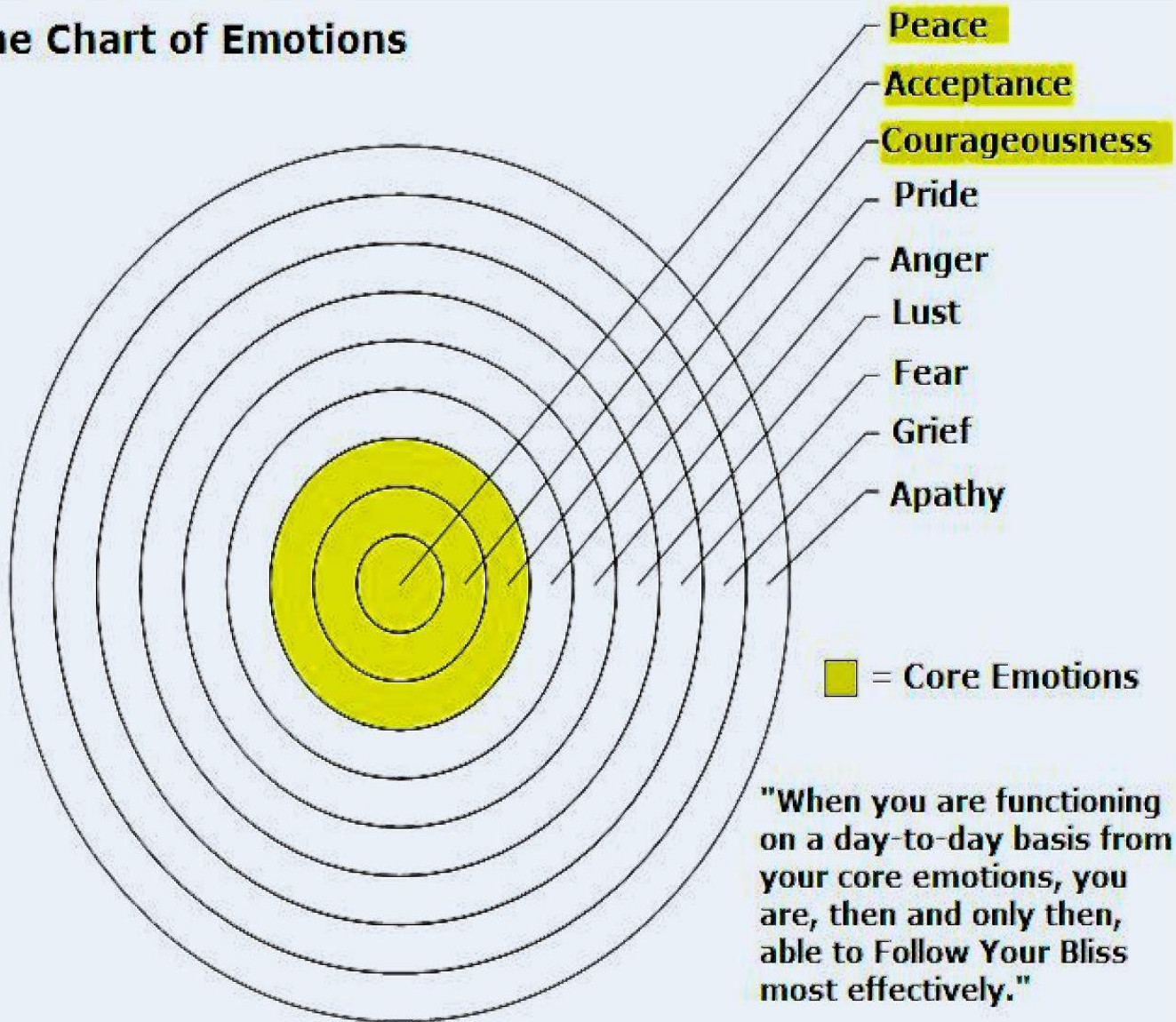
POWER is self-sustaining, permanent, stationary, and invincible.

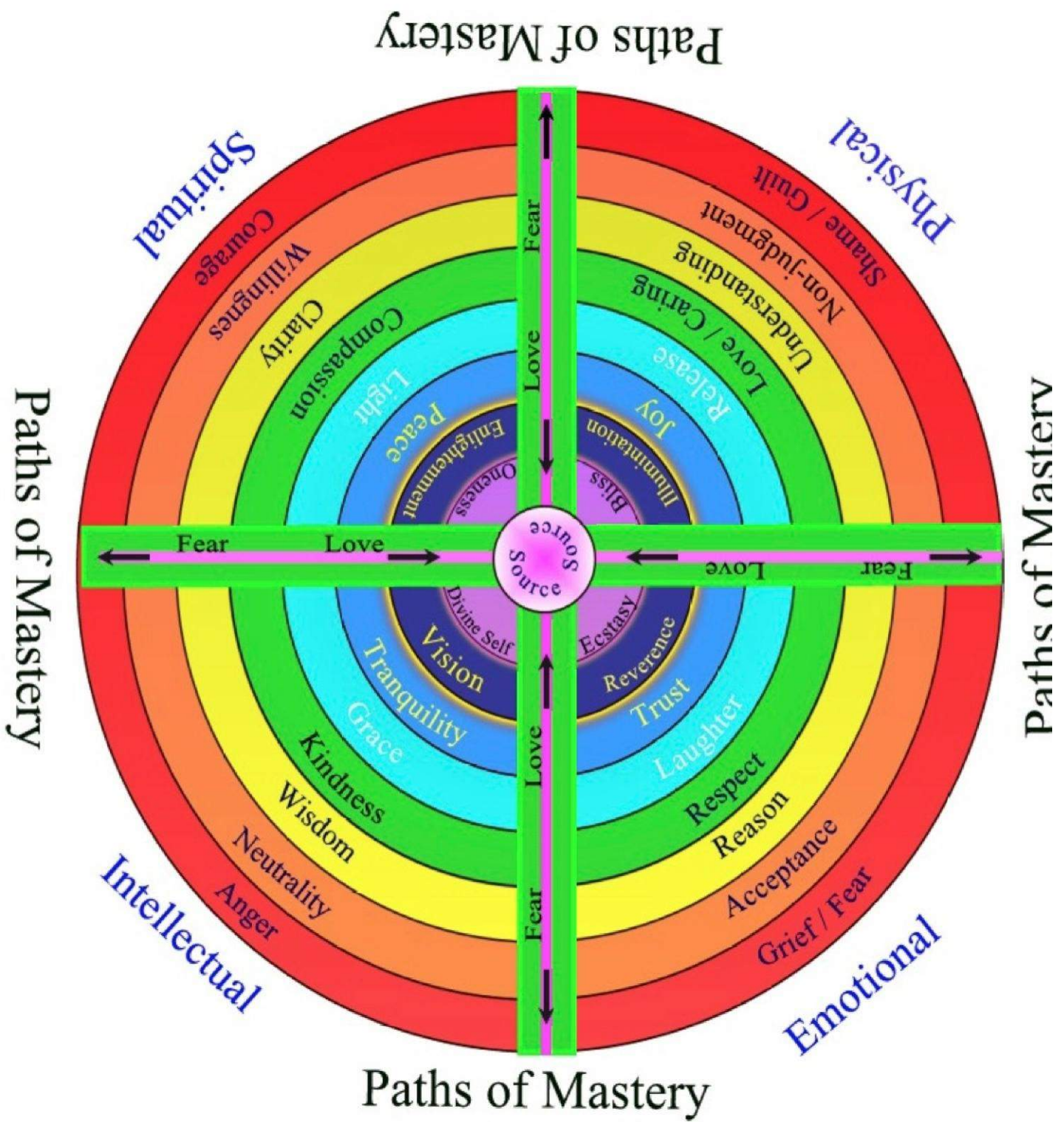
FORCE is temporary, consumes energy, and moves from location to location.

Logarithmic Energy Field Increases: 1 = 1; 2 = 10; 3 = 100; 4 = 1,000; 5 = 10,000; 6 = 100,000 ...etc.

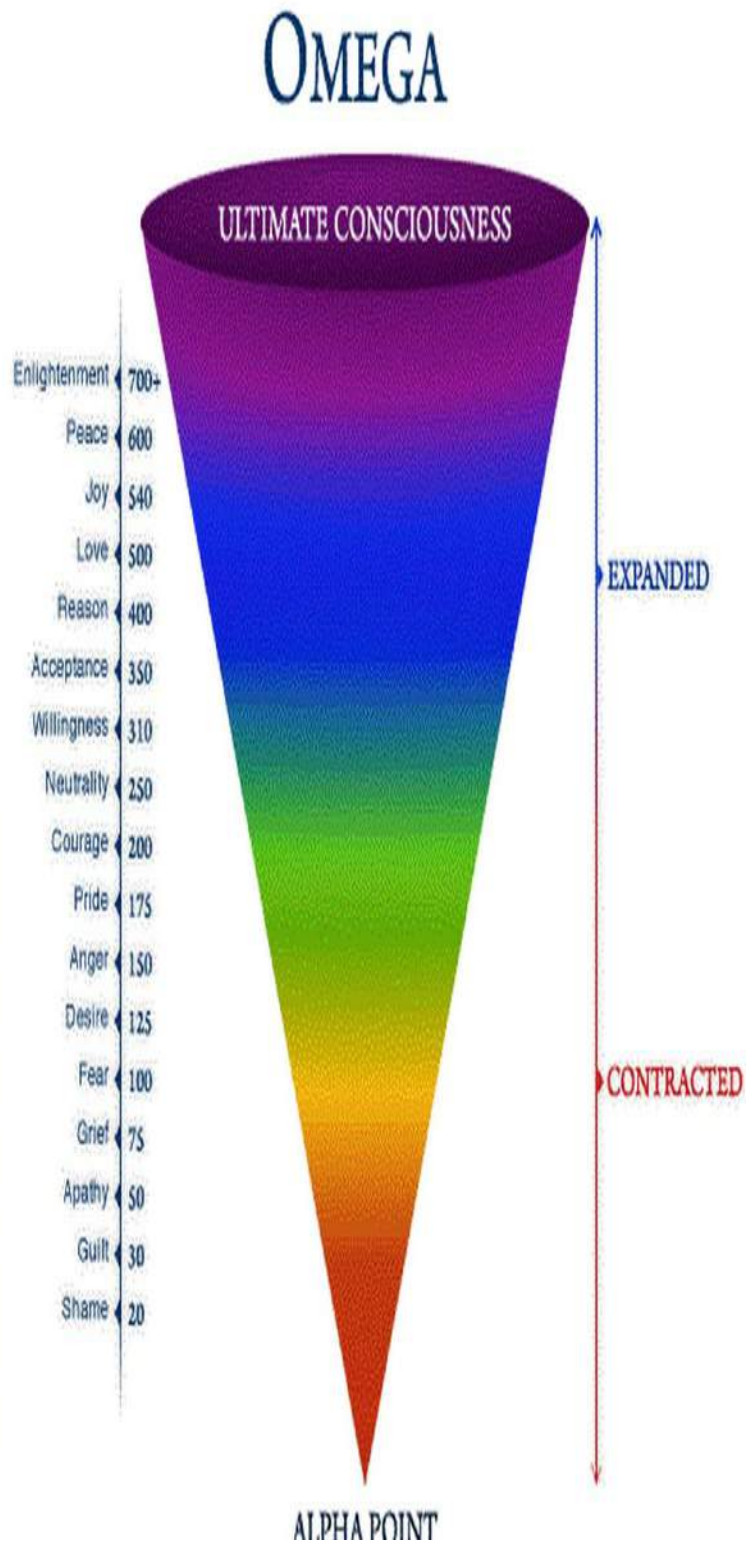
All levels below 500 are "objective" and all levels from 500 to 1,000 are "subjective."

The Chart of Emotions





	Level	Scale (Log of)	Emotion	Process	Life-View
POWER	Enlightenment	700-1,000	Ineffable	Pure Consciousness	Is
	Peace	600	Bliss	Illumination	Perfect
	Joy	540	Serenity	Transfiguration	Complete
	Love	500	Reverence	Revelation	Benign
	Reason	400	Understanding	Abstraction	Meaningful
	Acceptance	350	Forgiveness	Transcendence	Harmonious
	Willingness	310	Optimism	Intention	Hopeful
	Neutrality	250	Trust	Release	Satisfactory
	Courage	200	Affirmation	Empowerment	Feasible
FORCE	Pride	175	Dignity (Scorn)	Inflation	Demanding
	Anger	150	Hate	Aggression	Antagonistic
	Desire	125	Craving	Enslavement	Disappointing
	Fear	100	Anxiety	Withdrawal	Frightening
	Grief	75	Regret	Despondency	Tragic
	Apathy	50	Despire	Abdication	Hopeless
	Guilt	30	Blame	Destruction	Condemnation (Evil)
	Shame	20	Humiliation	Elimination	Miserable



THE MAP OF CONSCIOUSNESS

Wizja Boga	Wizja Życia	Nazwa poziomu	Nr poziomu	Emocje	Proces	
Ja	Jest	Oświecenie	700-1000	Niewymowne	Czysta świadomość	
Wszechbył	Doskonałość	Spokój	600	Błogość	Iluminacja	M O C N E ↑
Jedność	Pełnia	<i>Samoistne uzdrowienie</i> Radość	540	Spokój	Przeobrażenie	
Miłość	Dobro	Miłość	500	Szacunek	Objawienie	
Mądrość	Znaczenie	Rozsądek	400	Zrozumienie	Abstrakcja	
Miłosierdzie	Harmonia	Akceptacja	350	Przebaczenie	Transcendencja	
Inspiracja	Nadzieja	Wola	310	Optymizm	Intencja	
Wsparcie	Zadowolenie	Neutralność	250	Zaufanie	Uwolnienie	
Przyzwolenie	Możliwość	Odwaga	200	Afirmacja	Nadanie mocy	

poziomy 200 i wyższe są prawdziwe, pełne i sprzyjają życiu.

KREATYWNE

poziomy niższe niż 200 są nieprawdziwe, niepełne i nie sprzyjają życiu.

DESTRUKTYWNE

Obojętność	Trudność	Duma	175	Pogarda	Rozdęcie	↓ S Ł A B E
Mściwość	Wrogość	Gniew	150	Nienawiść	Agresja	
Wyparcie	Rozczarowanie	Pragnienie	125	Łaknienie	Niewola	
Kara	Przerażenie	Lęk	100	Niepokój	Wycofanie	
Wzgarda	Tragedia	Żal	75	Żal	Zwątpienie	
Potępienie	Brak nadziei	Apatia	50	Rozpacz	Ustąpienie	
Mściwość	Zło	Poczucie winy	30	Obwinianie	Zniszczenie	
Odraza	Nieszczęście	Wstyd	20	Poniżenie	Eliminacja	

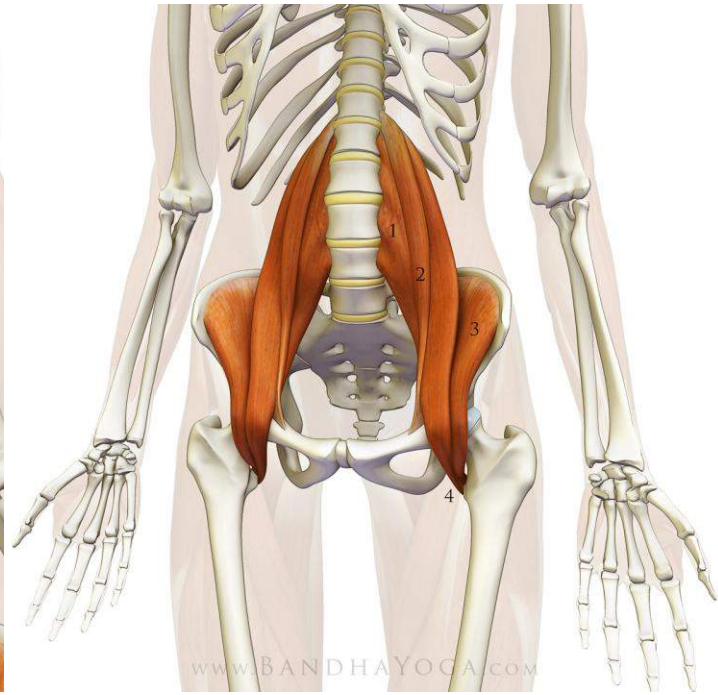
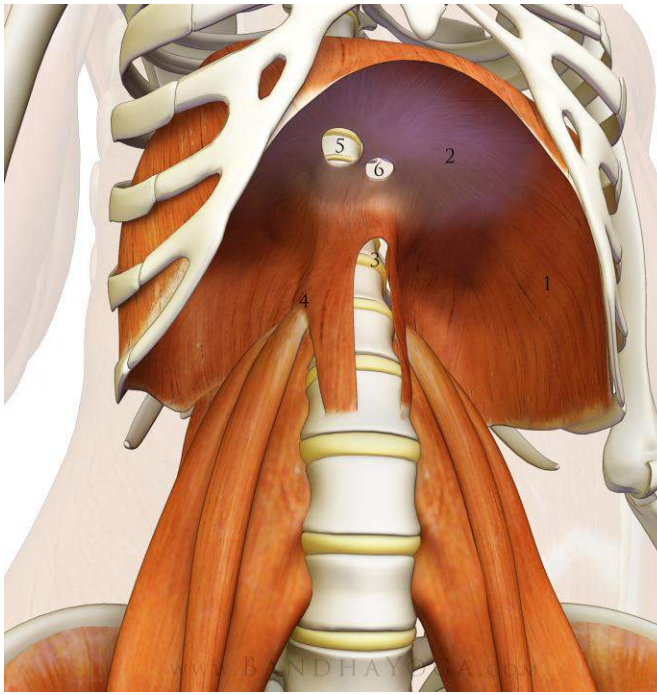
MOC jest samowystarczalna, trwała, nieruchoma i niepokonana.

SŁA jest tymczasowa, zużywa energię, przemieszcza się.

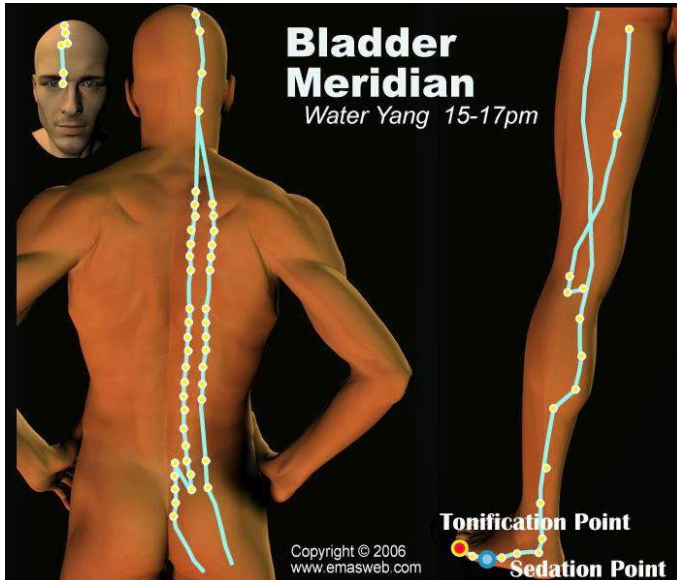
Logarytmiczny przyrost pola energii 1=1; 2=10; 3=100; 4= 1000; 5=10 000; 6=100 000... itd.

wszystkie poziomy poniżej 500 są „obiektywne”, wszystkie poziomy od 500 do 1000 są „subiektywne”.

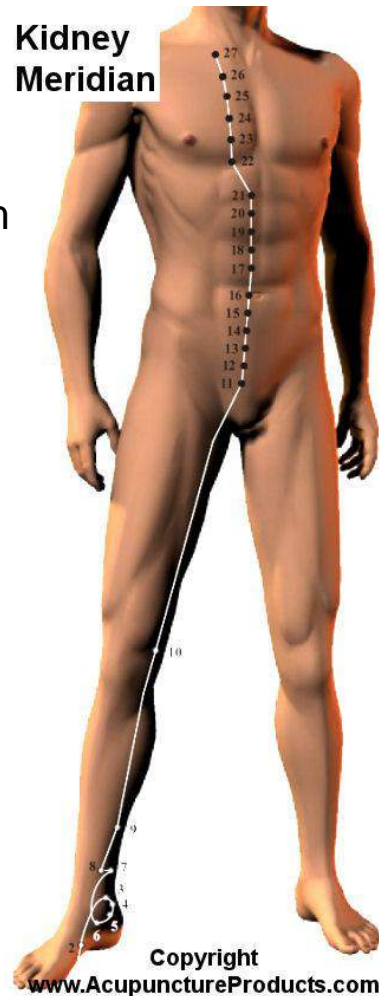
Stress & Trauma Physiology



Deep Breathing & Energy System



Kidney Meridian



Scale of Consciousness

700+ 600	Enlightenment peace
500 400 300	Joy Acceptance Courage
200 175 150	Pride Anger Lust
100 75 50 30 20	Fear Grief Apathy Guilt Shame

Эмоциональный,Код,(таблица),

	Колонка'А'	Колонка'Б'
Ряд'1' Сердце,или, Тонкий, Кишечник,	Покинутость, Предательство, Заброшенность, Потерянность, Неполученная,любовь,	Неполученные,усилия, Душевная,боль, Незащищенность, Чрезмерная,радость, Уязвимость,
Ряд'2' Селезёнка,или, Живот,	Беспокойство, Отчаяние, Отвращение, Нервозность, Беспокойство,	Неудача, Беспомощность, Безнадежность, Отсутствие,контроля, Низкая,самооценка,
Ряд'3' Легкие,или, Толстый, Кишечник,	Плач, Упадок,духа, Отказ, Печаль, Горе,	Замешательство, Стремление,защититься, Скорбь, Самооскорбление, Упрямство,
Ряд'4' Печень,или, Желчный, Пузырь,	Злость, Горечь, Вина, Ненависть, Возмущение,	Уныние, Неудовлетворенность, (невозможность,повлиять,на,ситуацию), Нерешительность, Паника, Воспринимаемый(Рая),как, должное,
Ряд'5' Почки,или, Мочевой, Пузырь,	Обвинение, Трепет, Страх, Ужас, Раздражение,	Конфликт, Творческая,неуверенность, Террор, Отсутствие,Поддержки/Опоры, Слабохарактерность,
Ряд'6' Гланды,или, Половые, Органы,	Унижение, Ревность, Страстное,желание, Похоть, Ошеломленность,	Гордыня, Вина, Шок, Недостойность, Никчёмность,

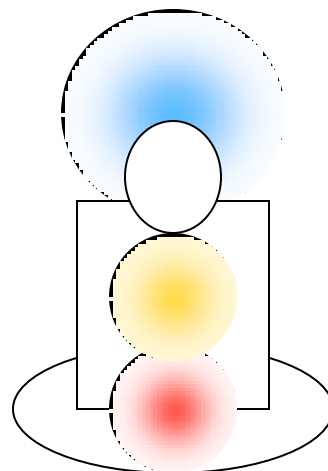
Business to Self-Realization

Health To Enlightenment

Мастер Ю Джей Шин SUNDAO.COM

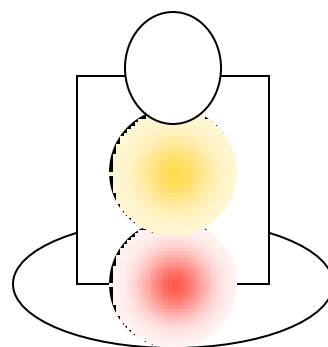
Shin-Myung

human perfection, fully awakened & enlightened consciousness, peace, re-integration of the trinity



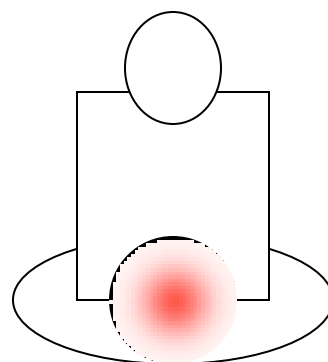
(Qi)Ki-Jang

maturity of the Middle Dahn-Jon, heart opening, spontaneous love and joy, positivity and acceptance



Jong-Chung

completion of the Power Center(Lower Dahn-Jon), Improvement of physical Condition strengthened vitality



Избыток		5 Элементов		Недостаток
Привычное Поведение	Эмоция		Эмоция	Привычное Поведение
		Добродетель		
<i>страх</i>		ВОДА	<i>страх</i>	
Консервативность		Мудрость		Беспечность
Ортодоксальность		Размышление		Фантазирование
Скупость		Сообразительность		Расточительство
Бездействие		Концентрация		Беспорядочность
<i>радость</i>		ОГОНЬ	<i>радость</i>	
Контроль		Уместность		Хаос
Тиран		Мудрец		Лыстец
Заблуждение		Понимание		Тупость
Осторожность		Близость		Ранимость
Привязанность		Не-Делание		Апатия
Доминирование		Мастерство		Подчинение
<i>злость</i>		ДЕРЕВО	<i>злость</i>	
Агрессивность		Благожелательность		Застенчивость
Возмущение		Проникновение в суть		Нерешительность
Жесткость		Гибкость		Мягкость
Высокомерие		Уважение		Покорность
Решительность		Настойчивость		Отказ от действия
<i>сильное желание</i>		МЕТАЛЛ	<i>скорбь</i>	
Выгода		Праведность		Потеря
Наполненность		Баланс		Пустота
Материализм		Не-Привязанность		Аскетизм
Загрязненность		Чистота		Стерильность
Фанатизм		Вдохновение		Уныние
Тщеславие		Достоинство		Низкая самооценка
Твердость		Восприимчивость		Хрупкость
<i>симпатия</i>		ЗЕМЛЯ	<i>симпатия</i>	
Потакание себе		Целостность		Заискивание
Эгоистичность		Альтруизм		Мученичество
Самодостаточность		Сотрудничество		Нужда
Навязчивая идея		Заинтересованность		Скука
Производство		Интеграция		Потребление
Упрямство		Приспособляемость		Уступчивость

КОНЦЕРТНЫЙ ЗАЛ
МИР
НА ЦВЕТНОМ БУЛЬВАРЕ

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18
ИЮНЯ



Концерт-медитация «ПРОБУЖДЕНИЕ ДУШИ»

Мастер Ю Джей Шин **Мастер Бхику Исам**
(Южная Корея)



12+



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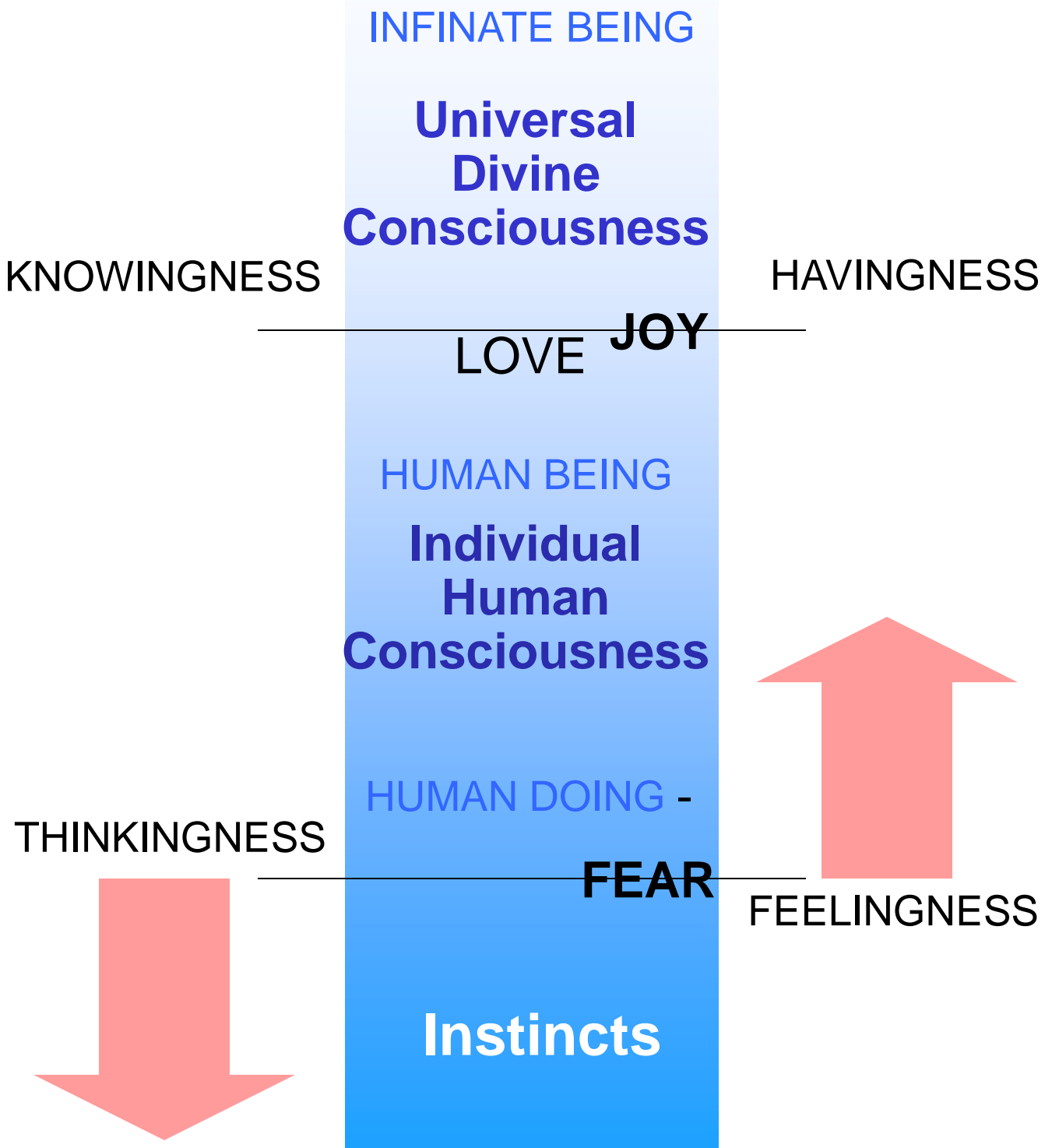


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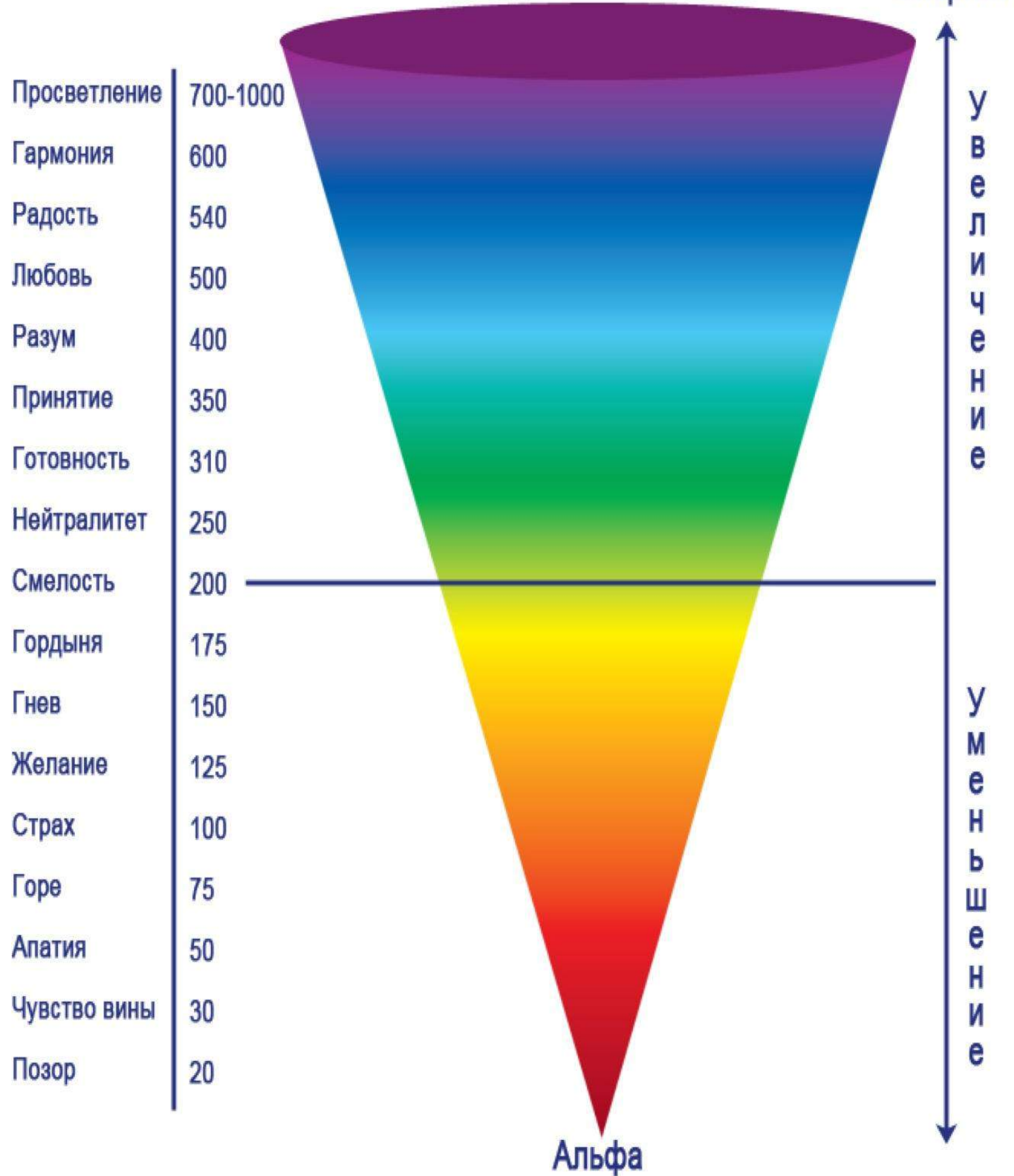
Энергия	Энергетический Уровень	Оценка	Эмоция	Восприятие Жизни	
У В Е Л И Ч Е Н И Е	Просветление	700-1 000	↑	Невозможно выразить словами	Чистое Сознание
	Гармония	600	↑	Счастье	Вдохновение
	Радость	540	↑	Покой	Метаморфоза
	Любовь	500	↑	Уважение	Откровение
	Разум	400	↑	Понимание	Обобщение
	Принятие	350	↑	Прощение	Превосходство
	Готовность	310	↑	Оптимизм	Намерение
	Нейтралитет	250	↑	Доверие	Освобождение
	Смелость	200	↕	Утверждение	Полномочия
У М Е Н Ь Ш Е Н И Е	Гордыня	175	↓	Пренебрежение	Чванство
	Гнев	150	↓	Ненависть	Агрессия
	Желание (Вожделение)	125	↓	Стремление	Зависимость
	Страх	100	↓	Волнение	Убегание
	Горе	75	↓	Сожаление	Уныние
	Апатия	50	↓	Отчаяние	Отречение
	Чувство Вины	30	↓	Обвинение	Разрушение
	Позор	20	↓	Унижение	Уничтожение

Spectrum of Consciousness



Омега

Энергия



BAIKAL CENTER FOR CONSCIOUSNESS

BAIKAL
BAK-AL(밝알)
BAK-DAL(박달)
(Bright Spirit)



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BAIKAL CENTER FOR CONSCIOUSNESS
Initiative Committee