

One by One, Each Thing Has It

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If your center becomes strong, then you can see correctly, hear correctly, smell correctly, thinking is correct, action is correct. If your center is moving, then not correct. So I hope everybody will freely breathe in, breathe out: “clear mind, clear mind, clear mind”. All perceive your mind here (*indicating belly*). Breathe in, breathe out, “clear mind, clear mind,” or “Kwan Seum Bosal, Kwan Seum Bosal, Kwan Seum Bosal.” When you breathe in, your stomach becomes big; when you breathe out, your stomach becomes small.

With practice, your center becomes stronger, stronger, stronger. Then you can control your breathing, your condition, your situation. Then you can believe in your true self one hundred percent. Then see clear, hear clear, smell clear, thinking clear, action clear. Sky is blue, wall is white, tree is green, dog is barking “woof woof”, all just like this is truth. That becomes yours. The whole world becomes yours.

Wall is white. How much do you believe the wall is white? Sky is blue. How much do you believe the sky is blue? Only understanding “the sky is blue” cannot help you. How much do you believe that? Ten per cent? Twenty percent? Ninety-nine percent? Even with ninety-nine percent you have a problem. One hundred per cent believe.

You can believe in your true self one hundred percent. Then you can believe the sky is blue one hundred percent. Possible!

That means your mind is complete. The sun, the moon, the stars – everything is complete. One by one, each thing is complete. Your mind has substance, then the sun, the moon, the stars, everything has substance, the same as your substance. So one by one, each thing has it: substance. “One by one, each thing is complete; one by one, each thing has it.” Next, substance, name and form become one. So substance already appears in all things. Sky is blue, tree is green wall is white, that all becomes yours.

Then you can *do* everything, at that point. So I hope everybody try, only just “don’t know”, try, try, try, then your center gets stronger, stronger, stronger. Then you can believe in your true self one hundred percent. Then everything is clear. So I hope only go straight, try, try, try, soon get enlightenment, and save all beings from suffering.

Thank you.

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