

2025 March Special Travel Month – Daily “Double Happiness Templestay” :D

< 10 A.M. ~ 2 P.M. >

Time	Program	Location
10:00~10:20	Registration & Orientation	5F
10:20~10:50	Making a Lotus lantern Lighting the lantern, Brightening my heart	5F
10:50~11:30	Free meditation or reading time Time to relax	5F
11:30~12:20	Offering (Lunch)	3F
12:20~12:45	Guidance to the Buddha hall	2F
12:50~13:20	Tea Conversation with a monk Q&A session	5F
13:20~14:00	Seon Meditation (Concentration) Posture and method	5F

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Take a moment to pause your repetitive daily routine and reflect on your heart. Bring your mind inward, away from the distractions of what you see and hear.

- ★ To not be led by thoughts, but become the master of them.
- ★ To avoid distressing own mind.
- ★ To get to know true mind.

Through “Seon meditation”, practice managing your thoughts and emotions. Additionally,

- ★ “Making a Lotus lantern” with the wish to brighten your mind and remain free from defilement, like the lotus that remains untainted by the mud.
- ★ “Tea conversation with a monk” (Q&A about anything).

Through these experiences, nurture a warm heart, awaken the goodness within you, and refocus on Seon meditation with a heart of goodness.

True rest comes from inner peace of mind.

With a relaxed mind, may you begin your daily life anew.