

THE
MIRACLE
THE WORLD IS WAITING FOR

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“Let’s make January 1, 2012
the beginning of a new Spiritual Civilization!”

In the Year 2012, What Kind of World Do You Want?

Will the world really end on December 21, 2012, as foretold by the ancient Mayan calendar? According to an article on the NASA website, it won't. Still, everyone seems to be interested in the truth and fancies surrounding the year 2012, whether they take them seriously or regard them as just fun.

I don't believe the world will end in 2012. Instead, I believe in the birth of a whole new world. Actually, it's not about believing, but *choosing*. For me, 2012 is full of hope and I look forward to it eagerly. Why? Because I've made the choice to make 2012 the most hopeful year in the history of humanity. And because I also believe that many other people will make that same choice.

Then again, instead of wondering what will happen in the year 2012, or feeling anxious about it, wouldn't it be more productive for us to plan together the kind of year we want 2012 to be, and then create it?

As everyone knows, our earth isn't doing so well at the moment. It feels neither safe nor healthy right now. No one can say exactly what effect its fatigue and stress, accumulated over time, will have on the future of life on this planet, including our own.

But one thing's certain: even if the worst possible scenarios prove true, no superheroes like those in the movies will suddenly appear and save the day. Rather than expecting them to, wouldn't it be more realistic for

ordinary people like ourselves to create some meaningful change on this earth, before the whole situation becomes even more dire? In that sense, we all need to become real-life superheroes who choose hope and create it, no matter the situation.

“The reason I came to the earth is because the 21st-century earth wanted me desperately. Therefore, I will be the hope of this earth.”

This, I think, should be the self-declaration and understanding of all humans living in the 21st century. If anyone wants to ridicule people like us for having such thoughts, I pity that person, because people like that can't even dare to dream of the greatness they could reach.

Since the chances of our having the incredible good fortune of being bitten one day by a radioactive spider and turning into a superhero are slim, don't you agree that the fastest and surest way to make this earth a better place is to do it ourselves?

We Have the Power to Choose

We really do. In order for the earth to become a healthier, more peaceful place, all of us must become its guardians and heroes. It's time for us to throw off the expectation that this world will become better through the efforts of one or a few individuals without the active participation of each and every one of us.

In fact, it's cowardly to hand over the world's problems to people other than ourselves and expect this world to really change. If we hide behind the false belief that "the world is too big and I'm too little," or pretend not to know how the world really works, or think we have no power to influence the world—then we're just kidding ourselves.

The world *is* big. However, each one of us as an individual being has the power to make this world either a better or an unhappier place.

What makes the future so attractive to me is that "we can choose." How many among us rightly understand the value of this fact? A future without a choice is a closed and dead one. Nor is it realistic. How fortunate we are that we can choose! Our future depends on how we use this most precious gift given us by our creator—our right and our power to choose.

At the moment, there isn't all that much difference between the plight of humanity and passengers on a speeding train that's racing toward a cliff. Look closer and you'll see that the train has no brakes, and there's no conductor, either! And although what we're seeing and hearing is serious, the train just keeps on going faster. Many of us feel, if we continue like this, even if we see the cliff up ahead, it's going to be hard to stop in time and change direction.

In fact, the only way to slow down the train and get it to turn it around is for all the sleeping passengers to wake up and shout with one voice, "Slow down and turn the train around!" There never was a conductor

to begin with. This train simply reads the passengers' intentions and chooses its speed and direction accordingly.

What matters most is that we get clear on which direction we want to go in. Once we have that figured out, we can turn off the old track (which will never take us to our destination) and put down a new one that can and will.

People Are Still the Hope

Humanity has relentlessly pursued ever-greater wealth, fame and power. People struggle to accrue more than others. From the life of the individual to political decision-making at a national level, the central values of our civilization have been external expansion, possession and control.

Behind the pursuit of such values are two false perceptions: first, that humans are finite physical beings motivated fundamentally by selfishness and greed; and second, that the world is a place where humans must fight with each other to get what they need. Within such a paradigm, other people are viewed as objects of competition, and nature can only be seen as something to be conquered and controlled.

As a result of this belief, the earth's ecosystem has become so compromised that full recovery is near impossible. While millions of people have more than they can eat, each day 25,000 people—10

million people a year—die of starvation. About 15% of the earth's population is suffering from malnutrition, while another 20% is dealing with obesity!

Can we really be happy in such a world? Is this really the best that we can do? Is altering the basic direction of our civilization impossible? If given that opportunity, where would we start, and how?

The first thing to do is to change our perception of this world and of humanity. People who see the world as a battlefield for selfishness and greed aren't going to bother about the hope for some new future. But even though humans can be wicked and cruel, if we ourselves lose hope in humankind we won't be able to dream of a new future.

Since humankind created the civilization we have today, it's humankind that can change its direction. That's why people are the hope now as much as ever. I really do have hope. And I firmly believe that if we can discover hope in ourselves, we can find it in humanity.

Our civilization until now has been a "material civilization" centered on the physical body and material values; what we seek to create now through a new fusion of material *and* spiritual values might be called a "spiritual civilization."

This Era of Spiritual Civilization isn't something that will suddenly appear one day—"Ta da!"—when the stars align, as if to fulfill some prophecy. Our civilization isn't a gift from someone else, something

separate from our own lives. If a new Spiritual Civilization is to dawn, it will begin with small changes in the everyday happenings of breathing, eating, sleeping, working, and loving; it will begin with you and me.

That's why I propose that, rather than simply dreaming of a new civilization, we choose to create one. Let's proclaim January 1, 2012 as the day that a new Spiritual Civilization begins. Together, let's create the miracle the world is waiting for—a world in which everyone is respected and lives in peace.

Let's Recover Absolute Truthfulness: Our Conscience

The reason we can have hope in humanity and can dream of a new Spiritual Civilization is because there is in us a truthfulness of heart that cannot be destroyed by anything. As long as we don't turn away from this truth, we can go beyond our selfish desires and accomplish feats of the most heroic and noble kind.

We know when we're not being truthful with ourselves. How do we know it? It's because we ourselves *are* that truth. Inside of us all is an absolute truthfulness that cannot be contaminated, no matter what we say, think or do. This is our conscience, and it's at the root of our greatness.

It's because of our conscience that we feel uncomfortable when our words contradict our actions or when what we know is inconsistent

with what we do. We feel angry whenever we see something not right, something untruthful, and we make an effort to correct it. When we ignore the rules we've set for our own life and only chase superficialities, our conscience wakes us up in the middle of the night and disturbs our slumber.

Our conscience is a part of the holy and pure essential being within us. We don't need to meditate or engage in a spiritual discipline for long to know we have a conscience. Doesn't that absolute truthfulness reveal itself in every moment that we're not truthful, moments that can happen many times in a day?

Because we have a conscience, we have the potential to become great. Because we have a conscience, there are times we are truthful even though it may put us at a personal disadvantage. Because we have a conscience, we can make choices that go beyond the limits of our selfishness and greed.

I say, let's "recover" or "restore" our conscience. I choose these words because we're not *creating* our conscience, but only rediscovering or re-utilizing something already there.

In the process of finding, growing, and developing a conscience, we will make not only our own lives more valuable but those of our neighbors and others as well. We can make the earth a more beautiful place. Because we all have a conscience, all we need now is to acknowledge and accept it and choose to use it. The true greatness of human beings

will depend on what we can create together with and through our awakened consciences.

A World of True Welfare Where Everyone is Happy

What is the ultimate value for an awakened human being? What is the value that all people and communities can pursue in common, regardless of nationality, race, or religion? I believe it to be what I would call “welfare” when all people live in a happy, healthy, and peaceful way.

Welfare is the core value of the Era of Spiritual Civilization. The material civilization we currently have was established upon the principles of success, possession, and control. Because such values create constant competition, happiness and peace for all people isn’t possible. That’s because humankind has only trained itself to possess and control, and the human brain feels that sharing and giving back is a form of losing.

In order to have happiness and peace for all, there needs to be a shift in our values. In particular, the way we view “welfare” has to change.

Material abundance can never completely address this issue. In most developed countries, welfare means economically protecting the poor or the socially disadvantaged. This kind of welfare, based on charity, cannot ultimately confer happiness on all. True welfare is based on our

human conscience and creates a social system and culture that can actualize our humanity and creativity to the maximum.

Unless we recover our consciences, we cannot perform true *Hongik*, an ancient Korean concept that means “serving the good of all.” True welfare does not exist without *Hongik*. Welfare is not a “system,” nor can it ever be successfully implemented as one. What matters is to see the world through the eyes of our conscience and to live a *Hongik* life. As we practice *Hongik* in our lives, it will develop into a lifestyle and a culture of true welfare. True welfare will happen when the individual practice of *Hongik* becomes the cultural standard, so that a world is created wherein everyone is healthy, happy, and at peace. And this becomes possible only through an awakened conscience.

In the new Era of Spiritual Civilization we are being enlightened about the oneness of all life and we are learning how to actualize our true welfare. The Era of Spiritual Civilization will take place when all people recover their great consciences within, and begin to feel that it’s up to them to save the earth in its present crisis. The Era of Spiritual Civilization will be brought about through humans, by humans, and inside humans. The innumerable people whose conscience is awakened have scattered the seeds of a new civilization throughout the world, and those seeds are already sprouting.

And so, to change the direction of civilization and usher in a new Era of Spiritual Civilization, where should we begin? I propose that we start through breathing, meditation, and *Hongik* Living. Through breathing

and meditation, we can meet the greatness inside us that cannot be harmed or damaged by anything. Through Hongik Living, we can share this inner greatness with others, delivering health, happiness, and joy to those around us.

Let's Start by Breathing Well

Breathing marks the beginning and end of all vital phenomena. Your life began with a breath, and will end the day your breathing stops.

Breathing, pulse, blood pressure, body temperature, and so on, are all vital functions controlled by the autonomic nervous system. Though we can't control them consciously, our body does so on its own. If we had to consciously make our heart beat, we wouldn't be able to do anything else; it would keep us busy every moment of each day!

What makes breathing different from our other involuntary functions is that, while it's autonomous, it's possible to control. At the same time, breathing provides the foundation for all our other vital functions. It's difficult to control our blood pressure, pulse, or body temperature intentionally but it *is* possible to control them indirectly through the breath. Breathing, in a word, is the master key to all our vital functions.

Breathing affects our thoughts and emotions. By controlling our breath, we can regulate our thoughts and quiet our mind, and only then are we able to observe things around us without bias or attachment. And from

there, it becomes possible to gain insight and wisdom that is at once simple and profound.

While engaged in deep, slow breathing, we come to understand that the source of peace and joy is not outside of us but within; we feel that all life on earth is ultimately connected through the breath, and we come to appreciate the preciousness of life.

The basics of proper breathing are to breathe evenly, deeply, and slowly. Feeling your own breath is the most natural and effective form of meditation. This kind of breathing improves blood flow and energy circulation, promotes natural cleansing, triggers self-awareness, and enhances your ability to concentrate. Your thoughts become clearer and your judgments more accurate, your actions gain power, and your life is enriched. Ultimately, the clarity of this renewed consciousness guides us to the realization of those truths that are most important to us.

Let's Make Better Choices Through Meditation

Meditation is the practice of quieting our body and mind in order to experience our true nature. In meditation, we shut down our thoughts and emotions and focus on the moment, the Now, so that we can see all things as they truly are.

In order to accurately measure an object's weight, nothing else can be on the scale, and the scale must first be calibrated to zero. If there's something already on the scale, you can't gauge the object's weight correctly.

There are many things on the scale of our consciousness of which we aren't even aware. These include our preconceptions, memories, bits of information, emotions, and attachments. Their weight prevents us from knowing our situation as it truly is and keeps distorting our perception.

To continue the analogy, what meditation does is to take away the unnecessary items on the scale and bring the indicator back to zero. Meditation helps us to see things with more accuracy. Through meditation, we can take a step back from our prejudices or selfish desires and look more objectively at a given situation. That's when we can understand the results our personal and collective choices bring, and put our effort into making better choices.

Meditation isn't only for quieting and relaxing the mind. One of the most important goals of meditation is to create the kind of life we want. Meditation helps us to have clearer intentions and to focus on them more effectively.

Most people who haven't tried meditation think that it's a difficult, esoteric practice. However, if you're able to breathe and sleep, you can meditate. Before falling asleep, everyone's brain waves change and the white noise of their thoughts goes away. When people are stressed,

they sigh in the form of a long exhalation. These are all involuntary phenomena of our innate vital functions occurring in order to balance our body and mind. You are already meditating through your breathing and sleeping. Anyone, then, who sleeps and breathes can meditate.

Let's Practice Hongik Living

It's important to perceive and accept the absolute truth that is within us through our breath and meditation. But that is not enough to make changes in our lives. It's also important to act on what we've realized.

Hongik Living expresses the realization that we are not separate from other people or beings, and that by benefiting others we benefit ourselves.

Simply put, this means helping others in our daily lives, without hope of reward. Hongik Living is giving health, happiness, and joy to others beginning with the smallest of things. A word, a smile, a greeting, a hug that gives hope ... all of these are a part of Hongik Living.

In such a life, our conscience is illuminated and our most beautiful and holy essential being awakens and grows. And such Hongik actions awaken the same Hongik mind in others.

If someone was kind to you today and that kindness helped you, what do you feel? Do you feel that you have gotten a "freebie" because you're

so smart, and that the person who's been kind to you is foolish and naive? No, most people wouldn't.

Unconditional kindness is a gentle but powerful stimulant. Beginning with gratitude, it brings to light truthfulness, humility, and many of the good qualities that human beings possess. Ultimately, it instills in us the beautiful and noble will to do things that help others unconditionally, for the good of the world.

We've all felt this. You've felt your heart fill with joy when you've done something helpful without expecting anything in return, and you've heard a voice deep within yourself saying to you, "Well done."

And we also remember when, out of some selfish calculation, we've hurt others by making choices that went against our own conscience, and even the memory causes us pain.

It's difficult to share happiness and health with others if you're not happy and peaceful yourself. That's why we should work hard to maintain our own health, happiness, and inner peace. In order to do that, we breathe and meditate.

Take time to have a conversation with yourself every day through breathing and meditation. No matter how busy you are, take time to sit quietly and breathe, focusing on yourself for three minutes, three times a day. Then plan how you will practice Hongik Living. If you normally smile at someone twice a day, then try smiling three times today. If you

showed a small kindness to a person you met for the first time yesterday, then do that for two new people today. If you see someone in your mind whom you haven't yet forgiven, don't put it off any longer and forgive that person now.

While you practice breathing, meditation, and Hongik Living, you'll change, the people around you will change, and the world will become different.

It's Time to Exhale Now

Even now, we keep on breathing. Feel your breath. Breathe out slowly, and then breathe in again, slowly. Did you breathe in deeply enough to fill your lungs all the way? What do you need to do after that? Exhale, of course. In order to keep breathing, before you can take in more fresh air, you must first expel the air that's already there. If you were to keep inhaling, you wouldn't be able to live. It would disrupt the cycle of breath that is completed with one inhalation and one exhalation.

Now, try breathing in again. Breathe in deeply, taking in air until you've inhaled as much as you possibly can. Now, hold your breath, and just keep holding it. This is the point that human civilization has reached. Humanity has inhaled until it couldn't possibly breathe in any further. If humanity doesn't exhale soon, we'll create a very serious condition. If we continue a life of unlimited competition and keep depleting the earth's resources, it's like a person so full of breath that their life is in danger, yet they keep breathing in.

If we want to hand this earth over to our children, and to our children's children, we must stop our inhalation. And then we must exhale the breath we're holding and take in a new one.

We've been inhaling for far too long. And, since we've thought it to be our one and only means of survival, we don't know enough to exhale. It feels like we'll die if we were to let go of all the things we've been holding onto.

Sooner or later, we *will* exhale, whether we choose to or not. However, if we hold our breath for as long as we can, then everything might get blown away by the changes that come when we finally exhale. So we should become aware of our situation and start to exhale slowly, a little bit at a time. If we have been inhaling all this time, then now is the time to change to exhaling in accordance with the principles of natural respiration.

To inhale, we must exhale; to expand, we must contract. Once we've exhaled and emptied our lungs, we can inhale again; life continues within such rhythms. Both individuals and societies can be healthy, happy, and peaceful when such simple and natural laws of life are followed.

To a person who has inhaled to the fullest, a single second feels like hell. These are the conditions we've inflicted on the earth. Just as an inhalation is naturally followed by an exhalation, we must turn the

direction of human civilization toward the direction of synergy, the true direction our lives. Altering the direction of civilization is not something that will happen just because a few outstanding people step forward. We don't have much time. If we're really concerned about the earth's future, it's time to stop expecting someone else to do the work. The work of saving tomorrow's world and planting the seeds of a new civilization is ours to carry out. It's your work and mine.

The Era of Spiritual Civilization Starts in Your Brain

Conscience, the root of our inner greatness, is not explained by selfishness and greed. How, then, should we explain the character of the heart that is true even when facing severe loss, and that seeks unconditionally to help those facing difficulties?

This trait cannot come out of a consciousness that sees itself as separate and puts its own interests before everything else. The only way we can explain our conscience is that, though we are unaware of it, we are beings who pursue values far above just the material ones, beings who know that ourselves and others are not separate. I would refer to this holy essential nature of human beings as "divinity."

And I believe it is the greatest truth of our lives, the greatest information our brains possess. It's like an "app" installed inside us, like the many diverse applications on our mobile devices. We can feel

the divine and become one with divinity very naturally because of it. This can and should happen to everyone.

This self-realization, often called “enlightenment,” is a natural function of life itself. Artificial effort actually makes it more difficult, pushing us further away from self-realization. It's not learning and becoming familiar with something new, but recognizing and using something we already have, which is why it is, in fact, easier to do than driving or learning to use a computer. Once we know that we have a “divinity app” within us, it takes no more than a moment to activate it.

However, people who don't know that they have it cannot activate it even after a decade. These people are like someone who has plenty of money in his left-hand pocket, but feels around only in his empty right-hand one and, finding nothing there, ends up going hungry. They're like a person who uses a cutting-edge mobile device as a simple calculator because they are unaware of its many amazing functions.

Conscience and divinity are not knowledge. They've always been there, and they always will be. Emotions come and go, but our conscience and divinity exist eternally. Although there are times when they are hard to see, hidden by the dark clouds of our emotions or desires, they are like the sun, which shows itself as soon as the clouds vanish. Our conscience is our guide, a messenger and a pathway leading to the divine.

The consciousness of the human species has gone as high as it can go. Thanks to the development of communications technology, we live at a time when we do in a year what we previously couldn't have done in a century. Let's use that speed and technology to engage in discussions and gather creative ideas for the direction of civilization, and to breathe passion and inspiration into each other.

The new civilization of the human race begins not in a church, nor in a temple, nor on some high Himalayan peak, but in our brains. It begins with the work of awakening our divinity and conscience, the greatness dormant within the brain of each person.

Let Us Open to the First Page of a New Civilization

There is hope for us yet. Let us listen to the voice of our conscience, the voice of our holy True Self echoing deep within our hearts and from the center of our being. And let us follow that voice. Let us gather up all of our passion, wisdom and talents for the purpose of creating a new world where all people live in health and happiness.

Let us gather together to talk of this dream, and to talk about our passion for it. Let us begin by breathing properly, and by experiencing our own breath. Through breathing and meditation, let us gain some insight into what it is we genuinely want, and let us recover the power of our conscience.

Following the voice of an awakened conscience, let us properly use the power of choice in all circumstances, from the items we select at the local supermarket to the leaders we elect. Let this movement begin now in me, and in the person next to me.

Beginning with breathing and our meditation, let us recover our conscience and gather our passion and wisdom to realize genuine human welfare; that is the goal of this movement. Through this movement, human civilization will recover its balance of inhalation and exhalation, and will move beyond the limits of our material civilization to usher in a brilliant new spiritual one.

We don't yet know what form this new spiritual civilization will take. We only know what we have to do to make it happen, and where we must begin. We can't see what that civilization will look like in its entirety, but we can feel it through the trembling of the soul in our hearts. The trembling of our hearts tells us that the new civilization will be greater and more beautiful than all the beauty and all the greatness we have dreamt of in the long history of our evolution.

With excitement and anticipation in our hearts, let us now open to the first page of the story of that great dream's realization. In the beginning, our steps may be unsteady, like those of a child first learning to walk. But soon we'll not only walk, but run, and finally we'll fly, soaring toward the brightness of the sun.

If we trust in the power of our conscience and our choices, we can definitely accomplish this great work. If no path exists, we will find or make one. We ourselves are the start of this new path.

What's important is that you yourself be a catalyst for ushering in this new age of a Spiritual Civilization. If you've gotten anything from reading this book, then be the beginning of that change, even if it's a small start. If you have some inspiration or get some feeling, then believe in it and trust it. Acknowledge it. And let that inspiration guide your actions. Express it, and share it with others. If you concentrate on it, your heart and your brain will teach you what to do, and will enable you to meet other like-minded souls.

On January 1, 2012, we proclaim the beginning of a new Civilization, and we will start to live that life with our breathing and our meditation. This is the miracle the world has been waiting for.

About Ilchi Lee

Ilchi Lee is a respected educator, mentor, and trailblazer devoted to developing the awakened brain and teaching energy principles. For the past 30 years, Ilchi Lee has dedicated his life to helping people become the authors of their lives by harnessing the creative power of the human brain. In that regard, he has developed many mind-body training methods including Dahn Yoga and Brain Education.

Lee serves as the president of the University of Brain Education and the International Brain Education Association.

He is the author of 33 books, including *The Call of Sedona*, *Healing Society*, *Healing Chakras*, and *Brain Wave Vibration*. In his latest book [*The Call of Sedona*](#), Lee contends that each of us is a great life and a great soul; fulfilling our destiny is a matter of listening to one's inner voice and accepting its message.

The Miracle the World Is Waiting For is an extension of the messages that he communicated in *The Call of Sedona*. It details how each person can fulfill their destiny and that of the planet in our current times.

For more information about Ilchi Lee and his work, visit www.ilchi.com.

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