

Who Are We?

Won Buddhism Meditation & Cultural Centre serves as a spiritual home for people of all walks of life who practice meditation and study Buddha-dharma in order to deepen their spirituality and invigorate their minds.

We gather to make our commitment to reduce and eliminate suffering in the world and provide a safe and friendly space for nurturing holistic well-being and spiritual growth.

Set in a green and spacious suburban area in Bensville, you are welcome to join regular weekly services, classes and annual events.

We welcome everyone who wants to cultivate inner peace, joy and wisdom.



WON MEDITATION CENTRE

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Introduction To The Human Dimension

The Course

In this course the human dimension is explored via a series of basic questions. The approach uses logic based on facts observed from everyday life, making reference to traditional Western philosophy and Master Sotaesan's teachings.

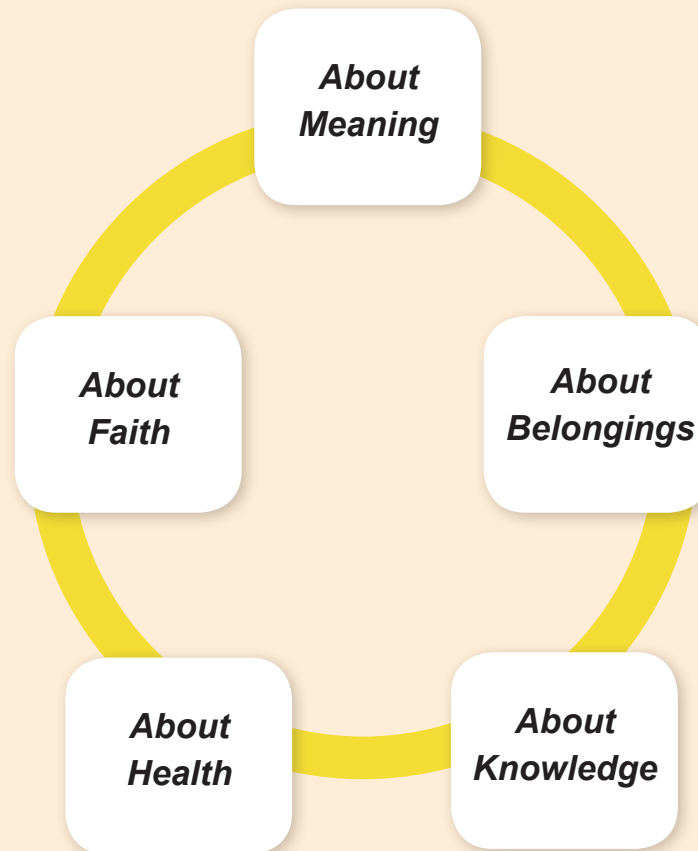
During the sessions interaction and questions between participants are encouraged and supported.

Presenters

Reverend In Myung is the Head Kyomunim who founded Won Buddhism in Australia. She is the director of the Australian and New Zealand District. She is also the director of Won Kwang Meditation Cultural Centre in Bensville. Rev. In Myung Kyomunim has been practicing and teaching Won Buddhism for 41 years both in South Korea and in Australia. She currently resides at the Australian head quarters in Bensville Central Coast.

Reverend Hea Jin is the head Kyomunim of Won Buddhism of the Gosford Temple. Rev. Hea Jin Kyomunim has been practicing and teaching Won Buddhism for 33 years both in South Korea and in Australia. She also teaches meditation and buddhism in three primary schools on the Central Coast.

Elio Gatti has been an academic for two decades teaching at five Australian Universities. He spent the following two decades as a public servant building communities in capital cities and regions using creativity, theatre, poetry and philosophy as his main tools.



Session 1: About Meaning

Questions

Why is my life meaningless and empty sometimes? What is meaning? Where does meaning come from? How can I add meaning to my life?

Session 2: About Belongings

Questions

How do I know I belong? Why is it important to connect to people and to land? How can I feel at home in this land?

Session 3: About Knowledge

Questions

What is knowledge? How many things do I have to understand in my life? What happens if I don't understand them? Can I learn to live well with knowing little?

Session 4: About Health

Questions

How do I maintain a healthy body and a healthy mind? Why is exercise so important for my body? Why is meditating vital to develop a healthy mind?

Session 5: About Faith

Questions

What is faith? How do I choose what is good for me to believe in? Is it difficult to believe? Will I still be accepted and welcomed even if I don't find a reason to believe?