

INSTITUTE FOR KOREAN STUDIES MEDITATION SERIES WITH DR. GRACE SONG



“Understanding Mindful Presence”

Thursday, October 20 and Thursday, November 17

7:00–8:00 p.m. ET | Online



Meditation Series Description

In these monthly meditation sessions we will deepen our capacity for presence, which means steadying the mind, calming down with the breath, and also exploring the different waves of experience that are coming and going. It’s through embodiment that we have a portal to all healing, to opening our heart, feeling tender, and to awakening the mind. Join us for monthly sessions that include a short talk as well as a guided meditation practice. No prior meditation experience required.

About Dr. Grace Song

Grace Song is the department chair of Won Buddhist Studies at the Won Institute of Graduate Studies and an ordained Kyomu in the Won Buddhist tradition. She serves on the advisory committee for the GenX Buddhist Teachers Sangha, on the Mayor’s Commission on Faith-Based and Interfaith Affairs in Philadelphia, and as director of the WonLAB—a community dedicated to personal transformation and collective liberation.

» OCTOBER 20: JOIN ZOOM

Our inner dialogue is incessant, and our thoughts are often repetitive. The thoughts that move through us create a real physical and emotional experience. Whatever a person frequently thinks and reflects on becomes the inclination of their mind. So, how do we bring a wise and open-hearted attention to the world of thoughts?

» NOVEMBER 17: JOIN ZOOM

As awareness and presence deepens, we naturally find ourselves sitting with the mystery of who we are. The invitation of mindfulness is to shift from being caught and defined by circumstances that are limited identities, to be able to rest in loving awareness, to be the one who knows.