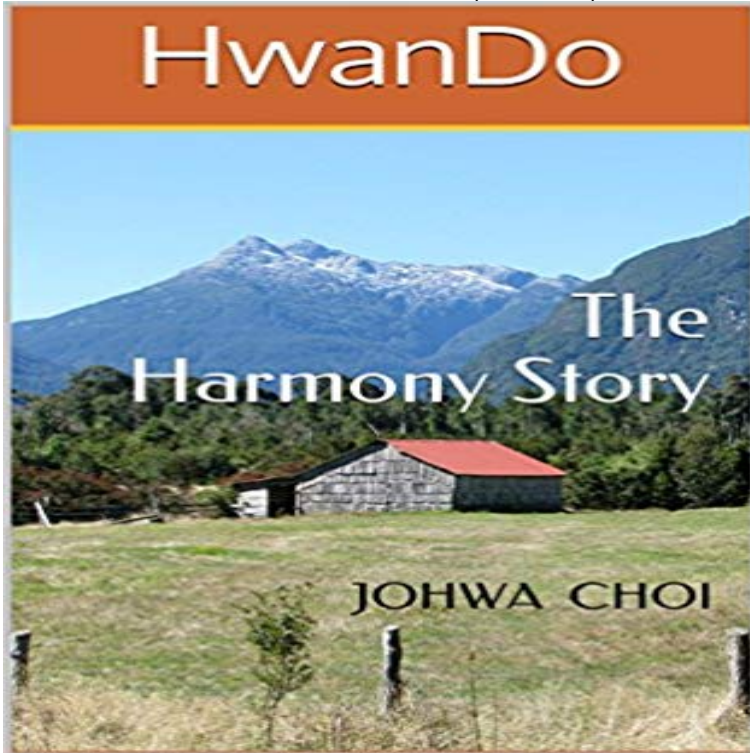


## HwanDo : The Harmony Story



The Harmony Story exemplifies the wise philosophical underpinnings of Harmony Meditation through characters and their circumstances. In this way, Grandmaster Johwa Choi's teachings are delivered via: personal detachment from a self-limiting perspective, in the scenario at hand and curiosity driving inquiries into how the development of the story relates to the reader. As a result, the reader becomes a meditation practitioner who is enabled to observe himself objectively and in return, is able to openly be observed by himself. Through continued engagement and reflection over the plot, the questions, and the practitioners' struggle toward internalizing the valuable hidden meanings, the practitioner regains an all-around improved state. In general, continuous restoration of harmonious interplay between mind and current condition empowers the practitioner to apply better stress management, make better decisions and to engage in relationships in a mutually fulfilling way. Upon advanced level practice, the benefits are experienced through tangible results that manifest long-term and bring about meaningful answers to life's most mysterious questions.

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