

## Selected Clients

UCLA Children's Hospital

UCLA Extension

Children's Hospital/Boston

Omega Institute

Ruah Spirituality Institute

Boston University

Wesleyan University

Wellesley College

## Testimonials

Thank you so much for your interview answers. I just handed in the paper on young leaders in the dharma and your voice shone through in a way that really makes it appear that there's a strong future for Buddhism in America. Everyone here was very touched by your presence.

- *Lodro Rinzler, Wesleyan University*

Congratulations on your courageous journey and on your expressing it all for us in such a profoundly beautiful way. I remain positively delighted with your ongoing work at the Center.

- *Jane Quale, Cambridge Zen Center  
Community Member*

At Omega this summer, she constantly steered me back onto my own sacred path with gentleness and sincerity. She continues to do so whenever I have questions for her. Ji Hyang's determination to bring peace to all sentient beings is an inspiration to me.

- *Ben Beirs, Omega Institute Staff*

# Natural Wisdom



## Working with People...

I help them find their inner resources, and reflect back the hope and wisdom that I see within them.

The ways I work with people are

- Mindfulness Based Stress Reduction
- Mind/Body
- Spiritual Counseling
- Intuitive Astrology
- Zen Teaching
- Weddings and Life Ceremonies

## What is meditation?

Creating Space Within

Awakening to the Vividness of Life in Each Moment

Bringing Body and Mind Together, Reducing Stress and Experiencing Greater Vitality and Wellbeing

Mindfulness: Directly Experiencing Our Inter-Relationship with All People and This Earth

Rediscovering Our Original Nature, Which is Clear and Bright

## What is Natural Wisdom?

Bringing the Spirit into the Body,  
Bringing the Mind into the Heart

Awakening to the Vividness of Life in Each Moment

Accessing Our Inner Knowing

Meditation, intuition, mind/ body practices and Zen teaching are ways of opening the lotus of our heart - mind, to receive and trust this natural wisdom.

# Zen teaching on Wholeness

The attainment of wholeness requires one to stake one's whole being. Nothing less will do. There can be no easier conditions, no substitutes, no compromises.

- Carl Jung

A student asked Zen Master Seung Sahn, "How can I understand the Absolute?"

Zen Master Seung Sahn replied, "You must understand yourself."

"How can I understand myself?"

The Zen Master held up the Zen stick and said, "Do you see this?" He then quickly hit the table with the stick and said, "Do you hear this?"

Through this moment, we find that all things, just as they are, are complete.

In order to experience the Absolute, the ultimate truth, we need to understand the most immediate, which is ourself. And to understand ourself, is not to merely understand, but to experience, fully: the sound directly at hand, whether it is our bell, or any sound at all. To give our life to this moment – this moment – this moment, 100%. Attaining the moment, letting go of everything extra – we are suddenly, completely and joyously here. That quality of attention is sensed, when we receive it, and also as we give it. To experience this is a gift, shedding light on our corner of the world.

Listening 100%, acting 100%, engaging with our life wholeheartedly, the ancient words come alive: "Spring comes, the grass grows by itself." We attain the greenness of grass, we attain the fragrance of spring – most of all, we attain our self, which is to awaken.

# Ji Hyang Sunim



## Background

Ji Hyang Sunim is an American Zen nun who ordained in Korea in 1993. She has done intensive Zen training in Asia and North America, served as Abbot of Cambridge Zen Center and as a teacher of meditation and physical education at Boston University and Harvard- Radcliffe United Ministry.

Ji Hyang Sunim is currently the Buddhist Advisor for Wellesley College. As Advisor she provides formal meditation practice, pastoral support and leadership to the college community around spiritual and ethical issues.

As the Director of the Boston Clergy and Religious Leaders' Steering Committee, Ji Hyang Sunim encourages new ways of seeing our interdependence in this increasingly diverse city.

Ji Hyang Sunim especially loves working with clients intuitively, to help them access their own inner resources; this is the direction of Natural Wisdom.

# NATURAL WISDOM



## AWAKENING INNER RESOURCES

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