

Lesson 2 A Reason for All Creation Living in Harmony

Peace Expedition

2



HWPL
Heavenly Culture, World Peace,
Restoration of Light

Peace Expedition



You Namsaeng

(You know what I'm saying)

A cheerful guide of the peace expedition.

He practices meditation continuously to clear his mind, body and soul while wearing a gat.
(*gat: A Korean traditional hat made of bamboo and horsehair)

He goes on the adventure to find out "what is peace?" to reform this age full of jealousy, hatred and envy.

With a gat(God) on his head, a magic fan in his hand, whenever he waves his fan, the winds of peace gather birds.



Gung Gumi

Gumi is very curious and loves nature.

Before he met Namsaeng, Gumi only satisfied his curiosity through books.

One day, after meeting Namsaeng, he joined Namsaeng on his journey to answer the question of "why do we need peace if I enjoy life now as is?"

This difficult adventure is still exciting if it is with Namsaeng.



Olive

Olive who has a Korean mom and an American dad.

She has curly hair, and is clever, mature and always curious.

She is Gumi's classmate and always helps Gumi out when he has a hard time in the peace expedition.





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A Reason for All Creation Living in Harmony

Lesson Objectives

1. Understand the reason why all creation lives in harmony.
 2. Understand my value, my influence, and my role.
-

Value : What kind of person am I,
and why do I need to know my value?


I am a valuable person, and those who know their value and think of themselves as valuable can respect others by knowing their value as well.

My Influence : What is my influence?

People exert influence on others since they live together in community. I am also the one who has influence.

My Role and Duty : What is the reason for all
creation to live in harmony?

It is because they know their role and duty and perform them faithfully.





Opening Story



One day, a zookeeper who took care of the elephants complained. He said, “Our zoo is so smelly and dirty because of the elephants’ dung. They poop as much as 16 times a day. And they eat so much that it costs a lot of money.”

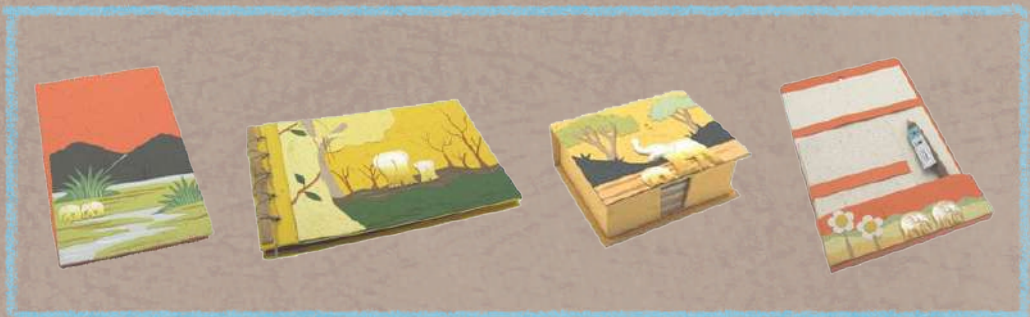
Then, another zookeeper said,
“Do you know that paper can be made with elephant’s dung?”

One elephant poops about 50kg of dung a day,
and about 10kg of that is fiber.

With 10kg of fiber, you can make 660 sheets of paper.
Then, you can make about 240,000 sheets of paper in a year.
Usually, you can make this amount of paper from 240 trees.
With one elephant’s dung, we can protect 240 trees in a year.
How great is that?”



People think that there is no value in elephants' dung, but one elephant's dung can make paper that can save 240 trees. Even in the things that look useless and worthless, there is a certain value and use.



Paper made out of elephants' dung

1. My Value

The most beautiful things in the world cannot be seen or touched,
they are felt with the heart.

Antoine de Saint-Exupéry (French Author, 1900-1944)

—
No one can make you feel inferior without your consent.

Eleanor Roosevelt (First Lady of the United States, 1884-1962)

We live in harmony because we know our own value.

The first reason that all creation lives in harmony is they all have their own value of existence and live in harmony with each other. All creation has their own role and function which establishes one part of the ecosystem of the earth. When one is “existing,” it means that one has uniqueness and independence, and it becomes the basis of living in harmony with other

individuals. Moreover, entities who have life, including humans and their existence itself, are a miracle and hold a value that cannot be compared to anything else.

1. The value of life

It is known that a diamond was first discovered in India around 500 B.C. The gold miners discovered the diamond by chance. When they first discovered the diamond, no one knew how valuable the diamond was. However, when people realized that nothing can scratch a diamond, they fully realized the value of a diamond.

Life can be commonly seen in nature so it is difficult to find its value. Humanity has made numerous advancements in various fields such as science, culture, technology, and more. However, when people realized that life cannot be made with science or technology, they fully realized the value of life. A human cannot create even a single blade of grass or a flower commonly growing in a field. The creation of life is beyond the limit of a human's ability. This is the reason why what has life is valuable. Also, life is given once. What has died cannot be brought back to life. Therefore, life is the most precious thing that cannot be compared to anything else. The fact itself that we have life proves that we are so precious that no one can put a price on us.

* Origin of the word "diamond" comes from the Greek "adamas" meaning "unconquerable, invincible."

2. A name, expressing the value of existence

A name explains the role of a thing or a person and the value that one is different from another. For example, the word “hanger” explains the role of hanging clothes, and the word “washing machine” explains the role of washing clothes. People name inventions according to their role.

In a tree which can be easily seen in nature, there are names according to each organ’s function and role. The roots absorb water and nutrients from the soil and anchor the tree upright in the ground. The stem and branches contain a network of tubes which carry water and minerals up from the roots to the leaves. Through a process called photosynthesis, leaves use the sun’s energy to convert carbon dioxide into sugar and oxygen. The flowers are the reproductive organs of the plant and the fruits play a role in seed dispersal. Likewise, the names explain the role playing in each organ and the special value that no other being can be replaced with.



Roots



Stem



Flower



Fruit

People also have their own names. When they are born, the parents give them their names or they name them themselves. When the parents name their children, they usually dedicate a lot of time to think over the names. They include hopes of how they want their children to become or they include an important value or meaning of life in the names. Having a name proves its existence and grants value and uniqueness. Also, there are names according to the roles. The word “teacher” refers to the one who teaches, and the word “student” refers to the one who studies. The word “designer” refers to the one who designs a dress or the color or shape of a thing. Having a name means that one is not a worthless one but has one’s own value of existence which cannot be compared to others.



3. Knowing my value is the basis of harmony

The term “self-esteem” was first used by William James. It is the subjective measure of a person’s value thinking that one is valuable, worthy to be loved and is competent to achieve some results.

Morris Rosenberg, an American sociologist, developed a self-esteem scale which one can evaluate individual self-esteem through 10 items. The items are questions dealing with the general feelings about oneself such as “I feel that I’m a person of worth, at least on an equal plane with others,” “I feel that I have a number of good qualities,” “On the whole, I am satisfied with myself,” “I am able to do things as well as most other people,” and more. Each item shows the characteristics of those who acknowledge their value of existence.

According to some studies, low self-esteem is more likely than high self-esteem to lead to depression and even suicide. This shows that the phenomenon of denying one’s own existence or neglecting life is closely related to self-esteem. On the other hand, those who have high self-esteem are more likely to feel greater happiness and love themselves. They find their value of existence and acknowledge it. Those who acknowledge their existence as it is and accept it are usually generous towards others too. They respect the diversity, and this becomes the basis of living in harmony with others. Considering life valuable and acknowledging other’s existence is the reason all creation lives in harmony, which humanity should try to follow and be like.

4. Chance of being born as me and my value

What are the chances of being born in the world as “me”? It will be about “(chance of being born on Earth) x (chance of being born as a human) x (chance of my parents meeting each other) x (chance of my parents’ sperm and egg meeting each other).”

Chance of being born on Earth out of 200 billion stars in our galaxy

= 1/about 200 billion

Chance of being born as a human

= 1/about 90 million living creatures

Chance of being born from my parents

= 1/(300-400 mother’s egg x 1.4 trillion father’s sperm)

Considering this number, the fact that I was born in this world itself is a mystery. The fact that I was born on Earth, where there is life, out of all those numerous stars in the galaxy and that I was born as a human - everything is a miracle and blessing. About 7.7 billion people living on Earth have their own character. One may have a similar name, age, gender, or skin color as me, but there is no one who is exactly the same as me. I myself and my existence itself is very valuable and deserves to be respected.

Discussion



1. Let's introduce our names and the meaning of our names. If I could give myself a new name, what would it be and why?

2. Let's introduce our family members. Let's discuss what they mean to me and why they are valuable to me.



Let's evaluate ourselves with Rosenberg's self-esteem scale. Check your self-esteem score and write down specific methods on how to improve your score. Put three methods that you just mentioned into practice for a week and evaluate your self-esteem again. What kind of changes were there?

1. Strongly disagree	2. Disagree	3. Agree	4. Strongly agree	Strongly disagree	Disagree	Agree	Strongly agree
01) I feel that I'm a person of worthvalue, at least on an equal plane like with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02) I feel that I have a number of good qualities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03) All in all I am inclined to feel that I am successful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04) I am able to do things as well as mostcan work well with most of other the people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05) I feel I do not have much to be proud of.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06) I take have a positive attitude toward myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07) On the whole, I am satisfied with myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
08) I wish I could have more respect for myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
09) I certainly sometimes I feel myself I'm useless at times.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10) At times I think I am not a good person at all.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total							

* Scoring Criteria : Questions 3, 3, 5, 8, 9 and 10 should be 10 are inversely calculated the other way around

30 points or more: high / 20 points or more: Moderate / 19 points or less: low

2. My Influence



No matter what he does,
every person on earth plays a central role in the history
of the world. And normally he doesn't know it.

Paulo Coelho (Brazilian Novelist, 1947-present)

I alone cannot change the world,
but I can cast a stone across the water to create many ripples.

Mother Teresa (Albanian-Indian Roman Catholic Nun, 1910-1997)

We live in harmony because we know our influence and fill each other's needs.

The second reason that all creation lives in harmony is they receive help from each other and fill each other's needs. A person cannot live alone. This is because it is difficult for one to meet every need by oneself. For example, we live in a house that other people built, we wear clothes that other people made, and we eat farm produce that other people grew. Like this, we live by receiving help and benefit from other people's work and effort. A human is a social animal. All people are connected to each other, and they have influence on each other. Depending on how they look at others, the influence they have on others may differ. If one looks at another person just as a competitor, then it is difficult for them to have a positive influence on the other. However, if one looks at another person as a cooperator, then they can trust others and live together in harmony.



1. Migratory birds flying a long distance helping each other

Migratory birds fly hundreds and thousands of kilometers to find the best ecological conditions and habitats. One type of migratory birds, wild geese, fly in a V formation. This is mostly to conserve their energy. When the wild geese fly in a V formation, their hearts beat 11-14% slower compared to pelicans that fly alone. Also, each goose flying slightly above the goose in front of him results in a reduction of wind resistance, which helps them fly more easily. The geese take turns being in the lead and falling back when they get tired. In this way, the geese can fly for a long time. It is difficult for one goose to fly a long distance, but when geese fly in a group, then they can fly a distance that one goose alone cannot fly. This cooperation among geese reminds us of an African proverb: “If you want to go fast, go alone. If you want to go far, go together,”

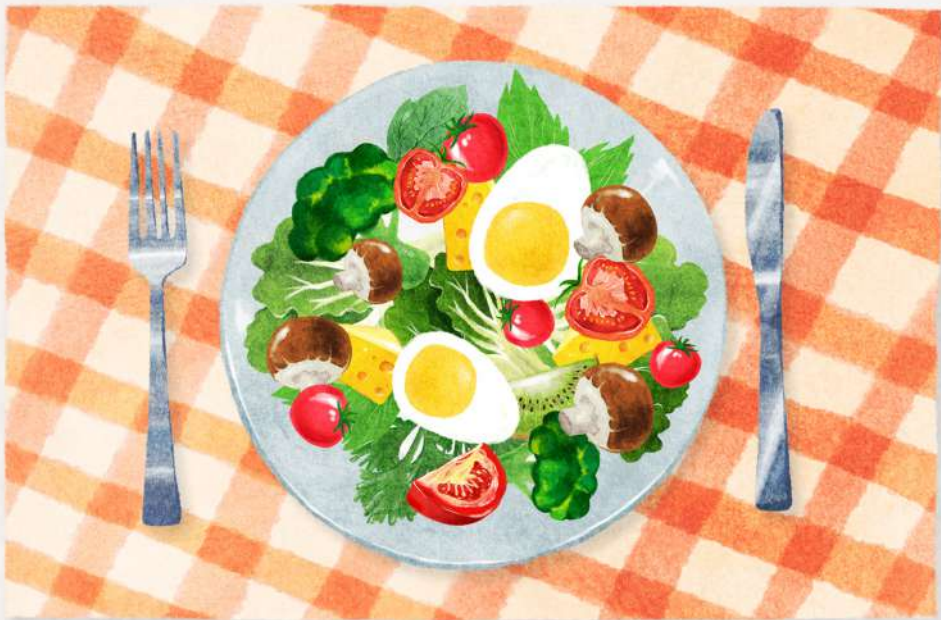


Wild geese flying in a group

It is impossible for me to fill everything that I need alone. Therefore, we need someone else’s help and a community of other people to fill each other’s needs. Like the cooperation that can be seen among migratory birds flying a long distance, humans also need this kind of cooperation, and there is harmony in this.

2. Salad Bowl Theory that reveals each other's value and influence

The “Salad Bowl Theory” usually comes up when one talks about diversity and harmony. “Salad Bowl Theory” is when different cultures of various ethnic groups gather to create another new culture. It is like each vegetable and fruit in a salad have their own taste, yet contribute to a new taste when mixed in a salad bowl. However, there is also a critical viewpoint that one cannot apply this salad bowl theory to every nation and culture by force. But what we are talking about is not that the salad bowl theory should be applied to each nation. What we are trying to say is that we can create a new culture when we are connected and blend as one with our own uniqueness. Then, our own value will shine and our influence will be revealed to each other.





Discussion

1. Below are the international days designated by the UN to solve the problem of environmental pollution. Do research on the problem of environmental pollution around you, and think about what you can do and what influence you can exert and do a presentation.



International Days Designated by the UN

1. World Environment Day (June 5)
2. International Day for the Preservation of the Ozone Layer (September 16)
3. World Water Day (March 22)



2. Think about what kind of help you can give to your family, friends, teachers, and beloved people for a week, and do a presentation on what kind of influence you have.

3. My Role and Duty

I long to accomplish a great and noble task,
but it is my chief duty to accomplish small tasks
as if they were great and noble.

Helen Keller (American Author, 1880-1968)

We live in harmony because we perform our role and duty.

The third reason that all creation lives in harmony is they each have their own intrinsic role and perform their duty faithfully. The ozone layer has the role of blocking harmful ultraviolet radiation, the microorganism has the role of decomposing organic matter, and the chlorophyll has the role of converting sunlight into usable energy through photosynthesis. As each creation performs its role and duty, an environment where all living things live together is created, and they live in harmony.

1. An oil spill in the Gulf of Mexico and bacteria that eat oil

On 20 April 2010, the Deepwater Horizon, a drilling rig, leaked an estimated 3.19 million barrels (over 130 million gallons) of oil into the Gulf of Mexico after its explosion. Once the oil leaked into the ocean, it spread throughout the water column and some floated to the ocean's surface which formed oil slicks since oil is less dense than water. This can cause havoc on coastal ecosystems as well as animals. So, many experts predicted that most of the marine life would die or become extinct, the fishing industry would stop, and the ocean would be dead which cannot be restored for many years. Against all the odds, the Gulf of Mexico is restoring quickly.

During the early stages of the oil spill, all possible methods were used to clean up the oil. People made efforts to burn the oil slicks and released chemical dispersants into the water to break up the oil. They even sent a high-tech robotic submersible to the oily waters of the Gulf of Mexico. However, many people fell into despair because it seemed impossible for them to clean up the oil due to the enormous amount spilled. At that time, something amazing happened. Compared to the amount of oil removed by people, the majority of the oil was being cleaned by itself. According to an article published in Science Magazine in April of 2015, about 90 types of bacteria that eat oil multiplied rapidly and degraded the spilled oil. Many estimated that the ocean and coastal ecosystems would be completely destroyed, but there was nearly no change in the numbers of marine

organisms such as blue crabs, shrimp and killifish. Also, the numbers of pelicans, which thousands of them died during the early stage of the oil spill, was nearly restored.

Nature does not put off or just sit by and watch the work that needs to be done. Each performs its role and duty for its restoration. Of course, they are not performing their role and duty with intention. But whether it is intentional or natural, it is the fact that such things are occurring.

2. Structure of the human body playing each part's role

The human body is mainly divided into three parts: the head, the trunk, and the limbs. There are a trillion cells and over 200 different cell types in the human body. At birth, a human has about 270 bones, and this number decreases to around 206 by adulthood after some bones get fused together. Both men and women have an equal number of bones. Also, there are muscles, tendons, blood vessels and more under the skin. There are organs inside the body such as the heart, liver, stomach, lungs, gall bladder, kidneys, and so on. In the head, there are eyes, nose, mouth, and ears. Besides these, there are other various parts that make up the human body.

If we take all the organs separately, there may be some organs that do not seem so important. However, every component of the body is in charge of maintaining life. The liver produces bile which helps carry away waste and break down fat in the small intestine during digestion. The lungs take oxygen from the environment and transfer it to the bloodstream. The heart pumps blood throughout the body via the circulatory system. Like this, if even one component does not function well, then there may be great suffering in our daily life and can even lead to death. Since every organ plays its function according to its role, we are able to maintain our life and health.



3. Comparison between the Synergistic Effect and Ringelmann Effect

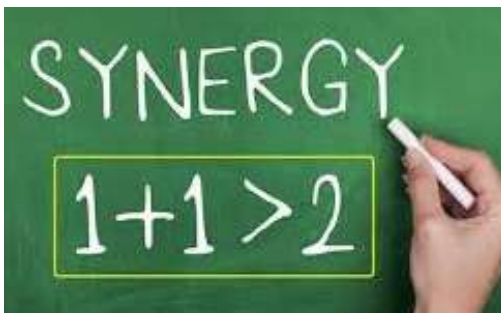
The synergistic effect is the result of two or more agents interacting together to produce an effect greater than the sum of their individual effects. Examples of the synergistic effect are an orchestra which creates grand music by having various instruments and a smartphone with the camera function which lets people post pictures onto their social media right after taking them.

On the contrary, the Ringelmann effect is the tendency for individual members of a group to become increasingly less productive as the size of their group increases. Tug of war is often used as an illustration of the Ringelmann effect. One person by himself would pull the rope as hard as he can, with two people on the team, each pull 93% as hard as on their own. With three people, this drops down to 85%, and with eight people on the team, each pull 64% as hard as on their own.

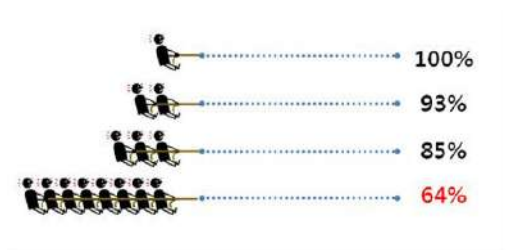
The Ringelmann effect occurs when an individual does not perform one's own duty within the community. At this point, the solidarity of the community can be weakened and their trust can be broken. However, when each individual does perform one's own duty, the synergistic effect occurs which can enhance individual's value and influence greater than when they are alone. In this way, a stronger solidarity and trust can be built, and a peaceful and harmonious community where everyone pays respect to each other can be created.

Then, how can I perform my duty? In order to perform my duty, I need to know what my role is. Knowing my role means that I know what kind of influence I have. This also means that I know about my value. Therefore, my value, influence, role, and duty are all connected to each other.

For example, in order for teachers to perform their duty, they need to be aware of their role that a teacher is a person who teaches and leads the students into the right path. In order for teachers to teach and lead the students into the right path, they think about what kind of influence they can exert on the students. And they think about how much the students will be influenced by their words and actions. When teachers realize how valuable and important they are to the students, they will be able to become a true teacher.



Synergistic Effect



Ringelmann Effect




Write down my role at school and home, and the work I need to do according to my role. Think about the difference between a time when I performed my role well and when I did not perform my role well and give a presentation.

Application



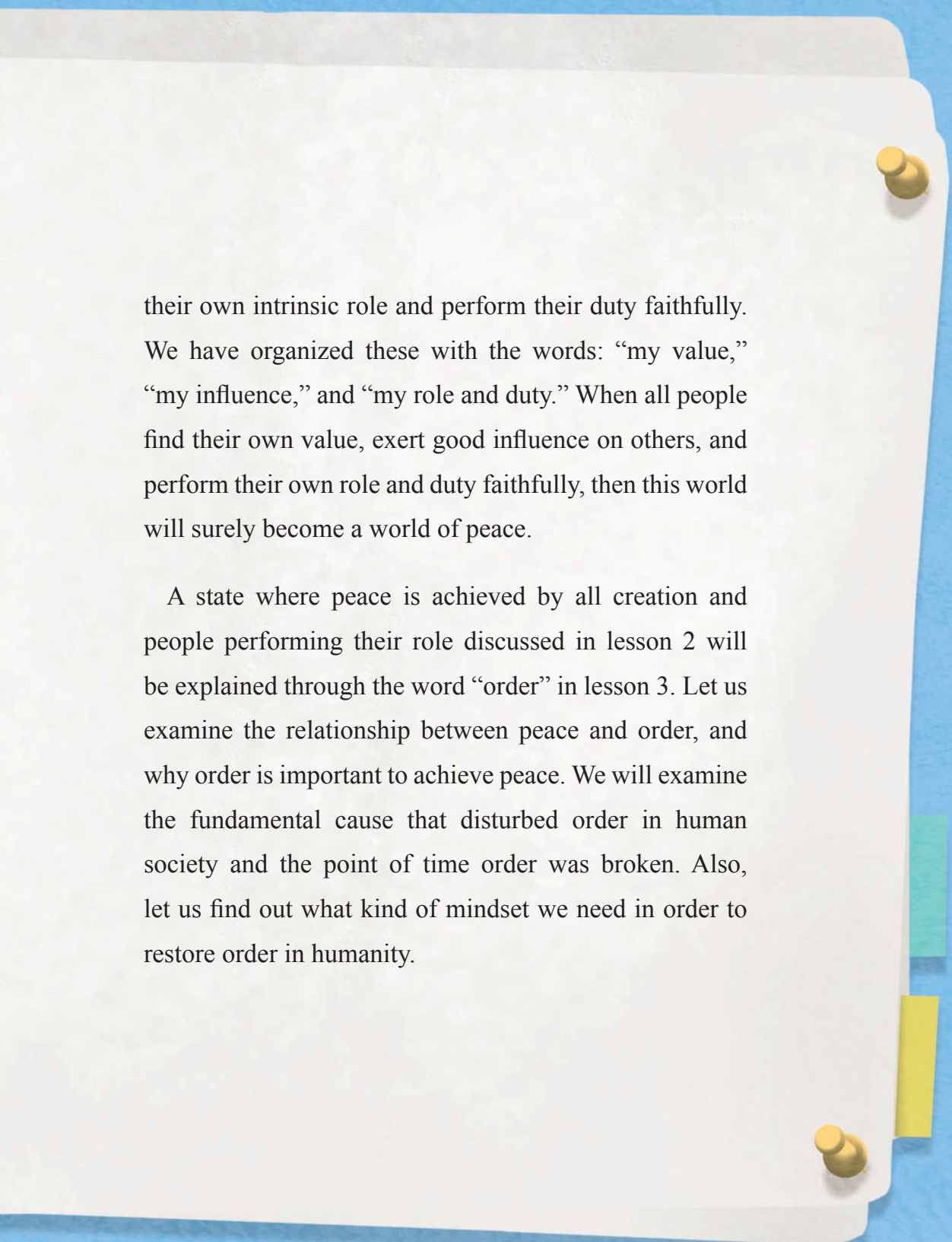
We need to have good habits in order to perform our role and duty well. Think about one good habit that you want to develop and one bad habit that you want to get rid of. Make a checklist and check to see if you follow them.



A Reason for All Creation Living in Harmony Conclusion

In lesson 1, we saw the diversity, harmony, cooperation, and coexistence on the theme of the original state of all creation. Also, we saw that going toward a way of cooperation and coexistence is a method to achieve world peace acknowledging diversity in biology and culture by learning from all things in nature living in harmony.

In lesson 2, we analyzed the mechanism which made all creation live in harmony. The reason why all creation can live in harmony is because first, all creation has their own value of existence; second, they give and receive help from each other and fill their needs; lastly, they each have



their own intrinsic role and perform their duty faithfully. We have organized these with the words: “my value,” “my influence,” and “my role and duty.” When all people find their own value, exert good influence on others, and perform their own role and duty faithfully, then this world will surely become a world of peace.

A state where peace is achieved by all creation and people performing their role discussed in lesson 2 will be explained through the word “order” in lesson 3. Let us examine the relationship between peace and order, and why order is important to achieve peace. We will examine the fundamental cause that disturbed order in human society and the point of time order was broken. Also, let us find out what kind of mindset we need in order to restore order in humanity.



References



Image source

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