

It was during the year of 1950. A wine boat was departing from Scotland to Portugal, when a cabin crew went inside the freezer for a departure check. However, another sailor came and locked the door without checking for anyone inside. The sailor inside the freezer yelled and banged on the door with all his might, but no one was able to hear him. And a few days after, the boat arrived at Lisbon Harbor. When the crew finally opened the freezer door, the sailor was already dead. And when they saw the small words he had written on the wall, they immediately knew how he had died. He had frozen to death. The man had written on the wall how he had felt as he died. But what was even more startling was the fact that the freezer had not even been running. Even the temperature was all but uncomfortable at approximately 19 degrees Celsius.

What had killed the man was not the freezing temperature but his own imagination. So then what are the factors that lead to the death of our souls and of our lives? Kierkegaard says that the disease, which leads to death, is despair. Although Kierkegaard's explanation of the disease, which leads to death, was a religious concept that describes the despair which comes from sin, in reality, the factor that causes death in our lives is worry.

It is stated in the Bible that "the worries of the mind are what dry the bones."

Someone who worries ends up worrying about everything and anything. If they possess, they worry about possessing, if they lack, they worry about lacking. If the sun rises, the worrisome worries about his son who sells umbrellas, and if it rains, he worries about his son who sells sandals. But if the sun rises, the son who sells sandals will prosper, and if it rains, the son who sells umbrellas will prosper. However, the problem is dependent upon which way you look at it. The one who is content and grateful, despite the situation, is a wise person. The wise man finds satisfaction amidst any bad situation. The foolish find flaws even in the best of situations. We must understand that there is both good and bad in any given situation. And we must also understand that the result depends on how you want to look at given situation.

A person asked a saint, "How can you be so happy when you have nothing?" The saint replied, "It is because I do not dwell on the sufferings of my past nor do I worry about what has not yet come." The foolish worry about the tomorrow and hang on to the sadness of their past. Canadian psychologist, Ernie Jellsky, states that, "40% of our worries are things that cannot actually happen, 30% of our worries are concerns about what has already happened, 22% of our worries are insignificant worries, 4% of our worries are things that we know we do not have control over, and the last 4% of our worries are things that we cannot change." This means that no matter how much we worry, it will remain unchanged and unresolved.

Ikpil Song, a Joseonite, sang a song called "Jook boo jook (meaning satisfied but lacking or not lacking), and the lyrics went like this: "Dear gentleman, how is it that you are always satisfied, while I am always lacking. If I lack but am satisfied, I have enough, but if I am wealthy and unsatisfied, I am poor. If I enjoy having enough, then I do not lack, but if I worry about not having enough, am I truly satisfied? Thus, if it is up to me whether I do or do not have enough, how are materialistic things a measure of wealth? I am lying down on a rock in the wilderness at the age of 70, and while others say I am poor, I myself am satisfied. In the morning, when the

white clouds move from here to there, I am satisfied with the vast blue sky, and when the evening brings out the moon, I am satisfied with its reflection on the ripples of the sea. The verse, “I am satisfied” is the main verse of this song. This old man’s song reflects the way he dismisses all worries from his life, which motivates us to live up to this lifestyle.

Thomas Moore created the term, “utopia” by combining the Greek words ‘ou (none)’ and ‘toppos (place)’. In English, it translates into ‘No Where’. It literally means a place that does not exist anywhere in this world. But, if we take the letter ‘w’ from ‘No Where’ and move it behind the word ‘No,’ we get ‘Now Here.’ It means right here, right now. W stands for worry. Say “No!” to worry. If we change our thoughts and hearts, right here can become our utopia. In extension, our lives are determined not by our given circumstances but by how we decide to face those circumstances. We need to get rid of the habit of worrying about our troubles and situations first. The reality that worries us is like the wind in that it always blows our way. The only place void of worry is the grave. Problems and trials in life are evidence of our existence and an incentive to challenge ourselves.

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