

# HUMAN TECHNOLOGY

A TOOLKIT FOR  
AUTHENTIC LIVING



ILCHI LEE

FOUNDER OF DAHNHAK  
AND BRAIN RESPIRATION

*Foreworded by Neale Donald Walsch*

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AUTHENTIC LIVING

ILCHI LEE



Healing Society



Healing Society

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## Books by Ilchi Lee

Healing Society  
Twelve Enlightenments for Healing Society  
Brain Respiration  
Peaceology  
Songs of Enlightenment  
Mago's Dream  
Healing Chakra  
Meridian Exercise for Self-Healing Book 1  
Meridian Exercise for Self-Healing Book 2  
Dahnhak Kigong  
Wisdom of the Chun Bu Kyung

## Acknowledgements

My deepest appreciation to my friends and students  
who have walked the road of peace  
with me for the past twenty-five years.  
You have been the source of my inspiration.  
To Neale Donald Walsch who advised  
me throughout the making of this book.  
I thank you for your generous support.  
And to my family—my parents, my wife, and two sons—  
who have been my greatest supporters.  
I wish to express my gratitude and love.

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## Foreword

The greatest tool we have for healing our lives is ourselves.

This is something that is widely known, but not widely understood. Knowledge is one thing, understanding is something else altogether. We can know many things, but if we do not understand what we know, all of our knowledge will be for naught. It will have very limited application.

Wisdom is knowledge *applied*.

This book explores some very practical ways in which our knowledge about human beings may be applied. It is entirely possible that the application of this knowledge can produce a better life for all of us—a life without undo dependency on exterior systems or aids, interventions, or pills.

The assertion of this text is that every human being is created to be totally self-sufficient, self-healing, and self-sustaining—and completely capable of total self-realization in a single lifetime. What stops many people from experiencing this extraordinary truth is lack of specific skills and techniques in using the fundamental mechanisms of life and of the body to perform the basic tasks of mental and physical health maintenance.

Part of the problem has been that we have put so much focus in our world on curing the ills of our society that we have all but



ignored the most effective path to dealing with those ills: prevention.

Humanity's well-being depends on humanity being well, and a startling percentage of human beings are not. It could be argued (and it has been) that this is because of the high cost of medical treatments and care, which most of the world's people cannot afford. Yet these treatments and this care are nearly always in *response* to ill health, rather than in *prevention* of it. Prevention, it turns out, costs very little.

What has been needed is some sort of codification of prevention techniques that the average person could access, understand, and apply. What has been missing is easily obtainable and reliable information on a *system* of health maintenance that anyone could utilize. In short, what we've required are the *tools* with which to construct a healthful reality.

Now let us be clear about something very important here. The finding of these tools, and the use of them, is more than a matter of individual importance. The entire conglomerate known as *humanity* is at a crossroads regarding its collective well-being. The mental and physical health of our *species as a whole* is now at stake. That is what I meant when I said that humanity's well-being depends on humanity being well.

We are not well now, that is clear. We are behaving with each other in ways that reflect a profound *lack* of well-being. People who are living peacefully in health, harmony, and happiness do not treat each other as we humans currently do. Our society is degenerating around us. We see this slow but sure disintegration and do not know what to do about it. There is a wound in the body human, and it is all we can do to find a band-aid, much less prevent further injury.

This book is about preventing further injury. It is about placing us back on the road to individual good health and collective