



International Conference on Mindfulness Asia-Pacific Wonkwang University, Republic of KOREA 2026

80th Anniversary of Wonkwang University

Modern Civilization and Mind Practice: Mindfulness for Life and Ecological Transformation

October, 2026. Sotaesan Memorial Hall. Seoul

Overview

Modern society is often described as a time of civilizational transformation.

Yet, challenges such as spiritual emptiness, mental health, disregard for life, family break down, social polarization, and the climate crisis continue to deepen.

This international academic conference aims to serve as a catalyst for a “mind revolution” that emphasizes the sanctity of life and the importance of moral practice.

Through this gathering, we propose that mindfulness, meditation, and mind-training offer essential pathways to address not only personal and spiritual development, but also pressing societal, economic, public health, and ecological issues.

The conference will synthesize ongoing efforts to socialize mind-practice and present key findings from the emerging field of mind-humanities.

It will also celebrate the 80th anniversary of Wonkwang University, reaffirming its founding vision as a life-centered, morally grounded, *glocal* institution.

We hope this conference becomes a vital platform for sharing the significance of mind-practice with the local community and for shaping a hopeful and ethical future for both the nation and humanity at large.

Theme: 1. Philosophy, Religion, and Spirituality for Mindfulness
2. Education, Psychology, and Mind Practice
3. Health, Medicine, and Social Welfare
4. Sustainable Life and Ecological Transformation

Dates : October 19 (Mon) – 24 (Sat), 2026

Main Conference: October 20 (Tue) – 22 (Thu)

Venues : Sotaesan Memorial Hall (Seoul)

Host : The Institute of Mind Humanities, Wonkwang University

Co-Hosts & Partners

The Research Institute of Won-Buddhist Thought.

Won-Mind Center for Moral Education. The Research Center of Religions.

Innovation Center for Integrative Medicine. (Wonkwang University)

The Korean Society for Won-Buddhist Studies.

Korean Center for Mindfulness (KCFM). Mind Lab.

Won Institute of Graduate Studies (USA). *(added as requested)*

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