

True Father: We need to pull ourselves up to the stage of perfection

Bruno Klotz
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Photo date and location unknown

Anyonghaseyo, dear brothers and sisters!

Here again some inspiration, based on the words of True Father and True Mother:

True Father: "Within each of you, your mind and body are divided and are fighting every day. To resolve this problem, you need God's word. Living by the word, you should resemble God's character and heart."
[1]

Mind body unity is not about disciplining our body. It is not about walking on fire or sleeping on snow. The real question is, what direction our mind is going. To go in the right direction, we need to know the truth, the word of God. We must know how an ideal human being functions:

True Father: "What is a true man [woman]? The true man [woman] must know the truth, and by the truth he [she] must attain a God-like personality..." [2]

We must use the truth to become people in the image of God. We must BECOME the truth, not just store it in the book shelf or in our brain:

True Father: "What we have to do is not just receive the words through Hoon Dok Hae [study of the word], and not just follow them or be pulled by them and carried around, but we should be able to go around and plant the words, i.e. plant ourselves, which means to be the substantiation of God's words. Wherever we go, we should plant ourselves as the word of God." [3]

To become the substantiation of God's word means to embody the heart of God, to resonate with God's true love. The more God's true love grows in our heart, the more we will have true mind body unity:

True Father: "When you have accepted this true love of God one hundred percent into your body and mind, the roots of God's love will begin to grow in your heart. Then you will be able to sense everything He feels, and your body automatically will resonate with that. Therefore, filling yourself completely with the true love of God is the essential condition for uniting your mind and body and becoming the eternal object partner of God." [4]

Our whole being must belong to the realm of true love:

True Mother: "The perfection of mind and body is possible only when they both belong to the realm of

true love." [5]

The biggest obstacle within us is the fallen nature, that always tries to lead us away from true love, from God. As long as we get influenced by fallen nature, we cannot speak about unity in ourselves. Rather we have two aspects, a divine part, that pulls us in the direction of God, and our fallen nature, that pulls us in the opposite direction. This is the mind body disunity.

So to create unity in ourselves, we need to make sure that our fallen nature gets uprooted completely. It tries to lead us into anger, resentment, hatred, condemnation, arrogance, complaining, accusation, justification, gossiping, self-righteousness, envy and the like. It is basically all about "I, me and myself".

We all are constantly tempted by such a nature, but we all are able to gradually replace all this by true love, which is about embracing and uplifting others. It is the complete opposite of fallen nature. Our job is to consciously pull ourselves out of false love and fallen nature and become true people. It depends on each of us how long this process takes:

True Father: "No matter what it takes, we need to unite our mind and body, become the substantiation of true love, and then pull ourselves up to the stage of perfection." [6]

We will then feel God within ourselves:

True Mother: "If we are filled with the divine spirit and truth and lead a life of constant prayer and gratitude for all things, we will be able to hear the voice of our Heavenly Parent, which will sweep through our entire being." [7]

And we will experience joy and happiness, based on unity within ourselves:

True Father: "Through relative love, unity can never be achieved. It is only through absolute love that unity becomes possible. The mind and body of an individual can come into unity only through absolute love. Then such feelings as tranquility, joy, satisfaction and a sense of worth can be experienced. Only from such an individual can a standard for peace be drawn." [8]

And true peace can come about on the world level:

True Father: "The basic principle capable of unifying North and South Korea begins with true individuals who have achieved mind-body unity, and who come together to form true families. Only then can that principle be applied to unifying the Korean Peninsula. When that principle is extended to the world level, it becomes the principle for realizing true freedom, true peace and true happiness." [9]

Love from Bruno

1. Second CSG 250,1: www.tparents.org/Moon-Books/CSG14/CSG14-02.pdf
2. Father on restoration and judgement: www.tparents.org/Moon-Books/sm-mast/MSTRSP-4.htm
3. Sunday morning message, Rev Moon, East Garden, 26 Nov. 2000: www.tparents.org/Moon-Talks/SunMyungMoon00/UM001126.htm
4. Pyeong Hwa Gyeong Book 5: 23 God's Strategy...: www.tparents.org/Moon-Books/PHG14/PHG14-05.pdf
5. True Mother. Blessed marriage and eternal life: www.tparents.org/Moon-Talks/HakJaHanMoon/hjh980401.htm
6. Pyeong Hwa Gyeong, Book 7. Speech 11: The root...: www.tparents.org/Moon-Books/PHG14/PHG14-07.pdf
7. True Mother, 12.8.14: www.tparents.org/Moon-Talks/HakJaHanMoon-14/HakJaHan-140812.pdf
8. Pyeong Hwa Gyeong Book 5: 6. Absolute values...: www.tparents.org/Moon-Books/PHG14/PHG14-05.pdf
9. Pyeong Hwa Gyeong, Book 8. Speech 12: The reunification...: www.tparents.org/Moon-Books/PHG14/PHG14-08..pdf