

## How Much Have I Been Convulsed in Pain for God?

Sun Myung Moon

Circa 1980

I have always taught you that you must first gain dominion over yourself before you desire to have dominion over the universe. In this task of mastering yourself, what is the biggest obstacle? It is your fallen nature that becomes so habitual – becoming second nature. Without removing your fallen nature, it is impossible to have dominion over yourself.

The phrase, “Before you desire to have dominion over the universe, you must first gain dominion over yourself” may be made up of simple words; however, you cannot imagine how much I was convulsed in pain to reach this point of mastering myself.

- (1) Failing to take God's standpoint.  
Envy, Jealousy, Selfishness
- (2) Leaving one's proper position.  
Immorality, Affair, Hot-blooded, Temper
- (3) Reversing dominion.  
Rebellion, Arrogance, stubborn, Criticism
- (4) Multiplying the criminal act.  
Self-justification, Switch blame, Multiplying evil

What was the most difficult for me, while I was training myself, was to overcome and master my nature that is like a fire. For this reason, I made my personal motto, “Before you desire to have dominion over the universe, you must first gain dominion over yourself.”

You should realize how fearsome is the idea that you must first gain dominion over yourself, before you desire to have dominion over the universe. In this point, you find Satan’s base and a lump of evil remains. Evil does not stand in front of your eyes, or is a nation or the world the source of evil. It is inside of your heart. Your heart! Evil remains in your heart.