

UNIFICATION NEWS

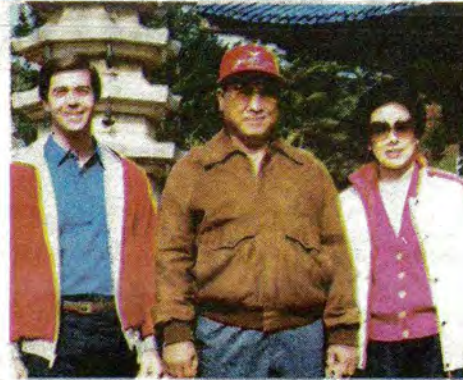
July- August 2010 VOL. 29 NO. 4 \$7⁵⁰



20TH ANNIVERSARY 7.8



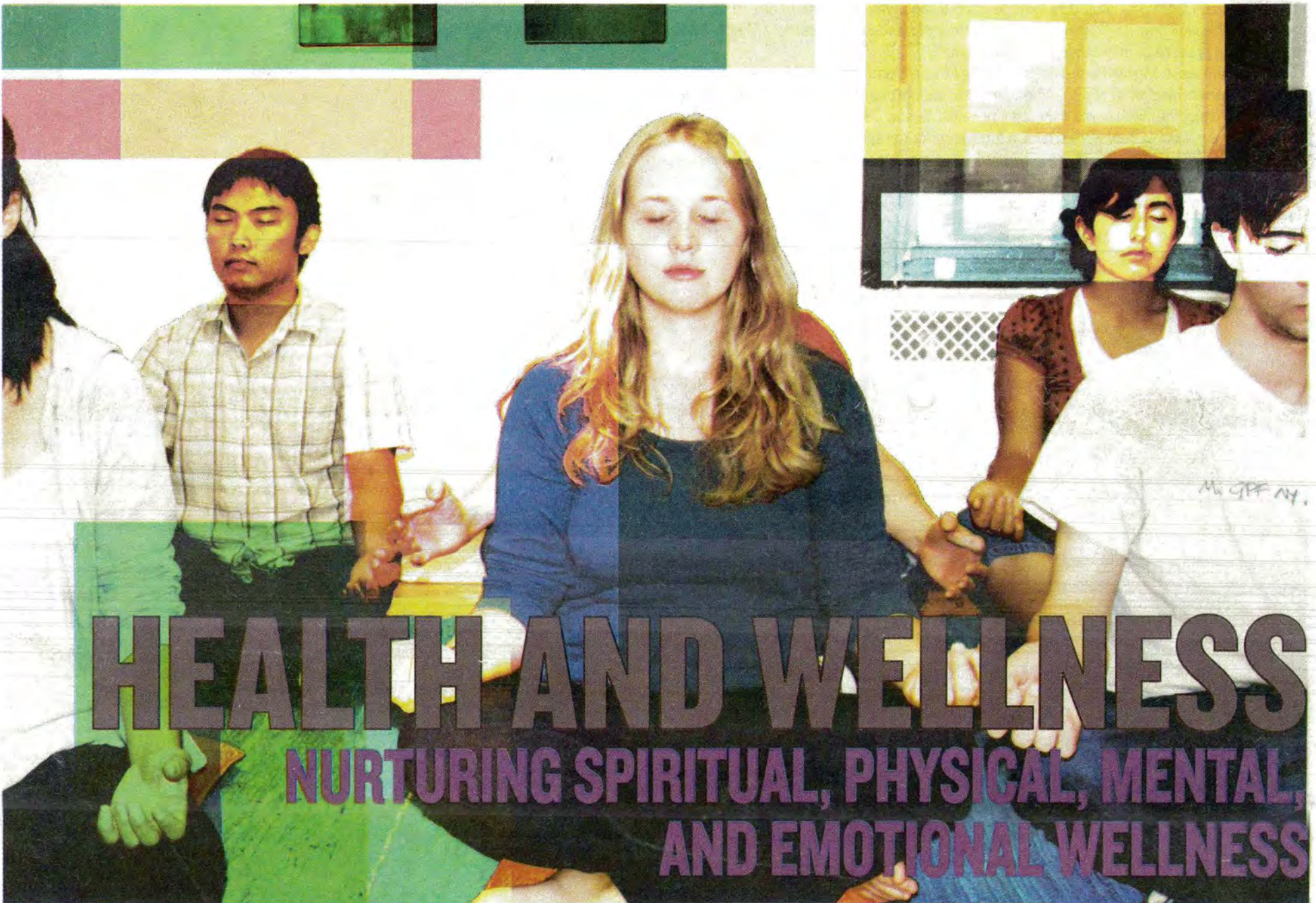
ART REVIEW



STUDY GUIDE



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HEALTH AND WELLNESS

NURTURING SPIRITUAL, PHYSICAL, MENTAL,
AND EMOTIONAL WELLNESS

FOUR AREAS OF WELLNESS

CHIYUN BRELAND
DONNA FERRANTELO
TYLER HENDRICKS
FRAN ICHIJO
DEBBIE KIMSEY

MIKE LAMSON
SUSAN OSMOND
MEGAN PATTERSON
PAMELA STEIN
KYUNG SOOK STRATER

FEATURE

CREATING HAPPINESS
HEATHER THALHEIMER

**CARP: HOW TO AVOID GAINING
THE FRESHMAN 15**
VICTORIA ROOMET

Health and Wellbeing

Write to editor@unification.org with your comments on this section.

Health and how to maintain it is an everyday concern for many. In this issue of *Unification News*, we will be exploring spiritual, mental, physical, and emotional wellness - what it is, and how to nurture oneself in these four areas of health and wellbeing. This issue features advice from nutritionist Chiyun Breland, an interview with yoga instructor Kyung Sook Strater, and information provided by Fran Ichijo, director of *The Treasures of Heaven Ministry*, on workshops that provide support for families with children challenged by mental disabilities.

Emotional and spiritual wellness are two areas of health often less explored. Pamela Stein, wellness coach, provides insight into emotional wellness, what it is, how to attain it, and why everyone needs to nurture and reflect on his/her emotional wellbeing. We welcome back Tyler Hendricks, author of *Honoring the Tradition* (March-April, 2010) with an indepth look at the purpose and practice of maintaining spiritual wellness.

Last but not least, Megan Patterson, mental-health-care professional, gives us a glimpse into the world of mental disorders, their seriousness, and what communities can do to support families living with mental disorder.

We also welcome back performing-arts reviewer Susan Osmond, author of *Little Angels Dazzle Washington* (May-June, 2010), with a review of Benny Anderson, a forerunner of the spiritual-arts movement.

Unification News thanks all our regular contributors as well as all the professional and experienced individuals who helped put this important issue together by providing us with their expertise, advice, first-hand experience, and great suggestions for creating a complete look at health in general.

Thank you,
Editor-in-Chief
ShinYoung Chang



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LETTERS TO THE EDITOR

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UNIFICATIONNEWS

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LETTERS AND COMMENTS TO THE EDITOR

Thoughts on "The Family Pledge and My Everyday Life"

To George Kazakos, thank you so much for your article (*The Family Pledge and My Everyday Life* May-June 2010). It is such a vital part of our tradition that most people don't really understand. I know for myself, it has been difficult to communicate to my children the importance and meaning behind the family pledge and other such traditions that no one ever explains. It is a wonderful piece that can be used to educate those of our younger generation who desperately need to understand their own faith and those of the older generation who may need to be reminded.

- Mrs. Julie Takagawa
New Jersey

Great Job!

I just wanted to say how much I enjoyed your May-June issue on the veterans. I loved reading all the stories about our brothers and sisters and their experiences in the war. I read them to my children and they enjoyed hearing the stories. Thank you Unification News for doing such a great job with the newspaper and giving us a publication that we can learn alot from.

- J. S.
Montana

Update

In your May-June issue, you have a section updating the progress of the Cheon Bok Gung. I have never seen this anywhere before and I was grateful that someone was taking the time to explain the internal aspects as well as the external progress of the building of the third level Cheon Bok Gung. It was a little hard to follow and I had to read it several times over but i was happy i did. I now feel informed and able to pray sincerely and clearly for the providence at large. Thank you for including that. I look forward to reading the next installment.

- Mark M.
Washington



UNIFICATIONNEWS

Health and Wellness: Nurturing Spiritual, Physical, Mental, and Emotional Wellness
July/August 2010

NOTE In *UNIFICATIONNEWS*: All references to True Father, Father Moon, or Father refer to the Reverend Dr. Sun Myung Moon. All references to True Parents refer to the Reverend Dr. Sun Myung Moon and his wife, Mrs. Dr. Hak Ja Han Moon, as a couple. All references to *Divine Principle* refer to the core text of the Unification Church. All references to the Blessing refer to the Unification Church’s traditional holy wedding ceremonies.

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On the cover

Meditation and reflection at the workplace.
Manhattan, New York.

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Do you have a thought or an experience you would like to share but it's not quite long enough to make a full article? Send it in and we will post it here, on our TidBits page.

Monthly Quotes

"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."

World Health Organization, 1948

"In a disordered mind, as in a disordered body, soundness of health is impossible."

Cicero

"A healthy body is the guest-chamber of the soul; a sick, its prison."

Francis Bacon

"The part can never be well unless the whole is well."

Plato

A Dream

July 4th, 2010
Independence Day

By Wesley Samuel

On July 4th, Independence Day 2010, I dreamed that True Father and I were walking together visiting homes in my community. True Father and I were walking side by side. True Father's face looked the same as his face looks on True Father's autobiography, *As a Peace-Loving Global Citizen* with the most beautiful smile. We were speaking in our minds as we were visiting house to house on our right side. True Father suddenly stopped and looked across the street on our left side. We then walked across the street to a shabby-looking house with a screened-in porch. I then said in my mind that this is a special house. I quickly looked for a pen and paper to write down the number of the house. The number on the house was 757. I don't remember the street. People came out and we spoke in our minds. What we learned was that the family's son was killed in a car accident. We then realized their son was in the spirit world. We left that house and continued visiting house to house. I awakened a short time later.

A comment and my interpretation

I was very excited about this dream; also, the dream seems to be self-explanatory.

True Parents have given members the mission to give out 430 copies of True Father's autobiography; he also said these 430 books represent our Cain. We understand by studying Divine Principles and True Parents' words that we need our Cain to enter the Heavenly Kingdom. By True Father giving special attention to the house on the left side demonstrated to me that we must find our Cain, and bring him with us to meet God. Thus when God asks, "Where is your brother, Cain?", you can answer, "He's right here with me." Then I believe God will say, "Welcome home."

Please read as often as possible, chapter 5, "The Corporeal World and the Incorporeal World," from *True Families: Gateway to Heaven*, page 85.

Thank You

Dear In Jin Moon:

My name is Amelia Mallah. I'm from Peru and my husband Ahmad is from Lebanon. Together we have 3 beautiful children and all of us live in Florida, USA.

I want to tell you that we are deeply grateful for your words. You could not express God's teachings more beautifully than you do already. When we watch your Lovin' Life Ministries video, we wish we were there. The energy and love can be felt through the video, so we wonder how it must feel to be there in person. When I listen to you and the songs and everything, I remember the zeal that I experienced as a young child and as a teenager when I'd attend church in my country. But that excitement faded away as I grew older because what I received from the priest every Sunday was not the Truth. In my heart I knew that there had to be something else that would give full meaning to everyone's life.

I'm not a remarkable member, but one thing is true: I'm deeply grateful to Heavenly Father for giving me and my family the opportunity to listen to you. Everything you do is beautiful, wonderful and flawless. Your Lovin' Life Ministries are perfect and you don't need to change anything. Like my husband says: What else can you expect? True Father and True Mother's children are the result of True Love. Thank you forever.

Blessings,

The Mallah Family (Ahmad, Amelia, Jasmine, John Zaki and Jinan)

Comics



Soonhwa Weisner

Soonhwa is 18 years old and lives in Santiago, Dominican Republic as a missionary. She enjoys reading Reverend Hyung Jin Moon's sermons and creating comic strips from his weekly short stories.

Hyung Jin Nim's interesting story:

I heard a story about a man who was walking in the forest and he decided to have a conversation with God. He said, "God, what is a million years to You?" And God said, "Well, a million years is like one second." Ah, that was interesting. "Well, God, then what is a million dollars to you?" God said, "Well, a million dollars is like a penny to me." And so the man said to God, "So, God could you give me a million dollars?" And God said, "You just have to wait a second."

Sermon: "God's Invaluable Peace," January 12, 2008



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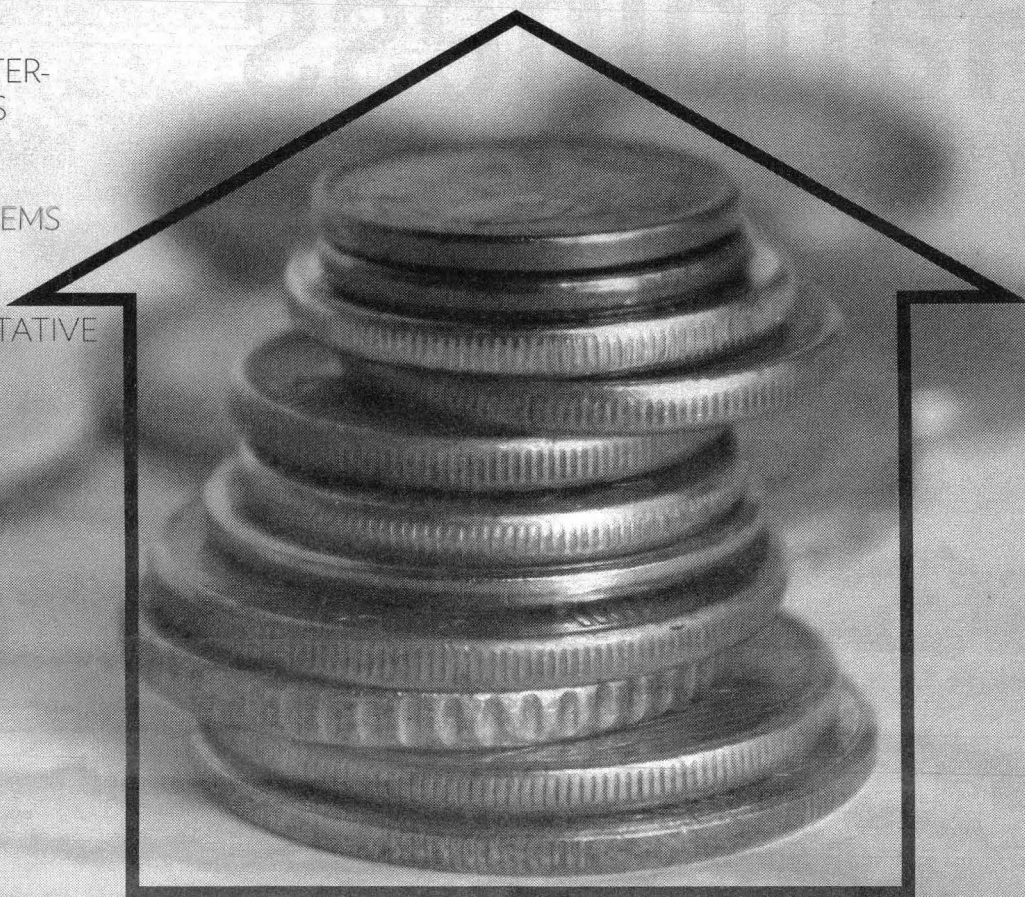
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Reverend Dr. Sun Myung Moon Speaks on

Happiness

May 27, 1977, Belvedere, New York.



The Reverend Dr. Sun Myung Moon and his wife, Dr. Hak Ja Han Moon, greet Unification Church members at Belvedere, New York, mid 1973.

There is no one who likes unhappiness. How does someone come to be in this position? The problem is simple; the unhappy person does not have an object to whom he can freely give, or from whom he can freely receive. Even if he possesses a most precious treasure, no one can enjoy happiness if he has no personal relationship of give and take.

The largest diamond in the world could not bring you any excitement and stimulation if you had no one to share it with. Why is it said that blind people are unhappy? The eyes are important instruments in the give and take relationship because you can identify your object with your eyes and then establish a give and take relationship. It is also said that a hungry person is an unhappy person. The body needs food and when its reciprocal relationship with the physical world is broken, that person is unhappy.

Unhappiness is the condition in which a person has no way to freely have give and take. The amount of give and take you can have will determine your happiness or unhappiness. Since everything works under this law, what is the most precious thing for man? You said love, but the word love itself does not have any meaning. If someone is alone then love does not surface. When you speak of love, you automatically think of two units in perfect harmony and unity through give and take. Love is the force that will unite internal and external, subject and object into one.

What could unite people as different as men and women?

Perhaps you sense that those answers aren't quite complete. You may remember your parents insisting that you study, but you sense that studying is not man's purpose either. Politicians may live as though their purpose in life was to obtain power, influence, and control, while many other people live for money. Great artists of the world might say, "We live to produce masterpieces and to enjoy beauty." But still something seems to be lacking in all these answers. All of these are very important reasons to live, yet somehow our body and spirit are still not fully satisfied.

What is man supposed to live for? What purpose is man fulfilling? Joy and happiness are the results of a certain cause. When you say that man lives for true love, then somehow you are satisfied, feeling that you have found something big enough to fill you and more. Love is intangible, and it cannot be touched, but somehow you can recognize love, and

upon hearing words of love you feel good.

Does a woman need someone to love, or is she satisfied to love just herself? No, she needs a man. The same is true of man; he cannot love by himself but needs a woman. Most of you do not know what it is like to be married. You are now at a most precious stage, but you are looking forward to the greatest dream of your lives, even though you may not know precisely what love truly means.

The desire for love influences every action.

When God undertook to create man He already had a blueprint for woman, and tried to adapt His creation of man accordingly. In the same way, when God created woman, He already had His blueprint of man in mind, and He created woman to match. It feels good to know that God had the love of our mates in mind when He created man and woman.

Why did God create man and woman to begin with? Their purpose was the consummation of love. The origin of all creation began with love. God's blueprint for men and women came from His thinking about the ideal form of love. This is a most astonishing fact. Love was the motivation for creation and out of that motivation men and women were conceived to perfectly give and receive love. God designed men and women to live a life of love, to be fruitful in love, and then to dwell in love for eternity. We come to the conclusion that we were born for love, and that our reason for living is to love and to grow toward the perfection of love. This is the purpose of life.

If we examine the history and motivations of war, we will see that love was actually the motivating factor behind war. When the circuits of love between people and nations are severed, they then strive to conquer each other so they can resume some give and take of love. Perfect love is so powerful that it can melt the heart of the enemy. No matter how intensely two enemies have hated each other, love is so powerful that love can heal even that rift. The basic definition of good and bad comes out of the motivation of love. If you like someone very much it is usually because that person understands you, or is in favor of you. If somebody hates you then it is difficult to like that person.

Human logic can never comprehend God or man

Throughout history there have been great philosophies and philosophers who searched for the true meaning of human behavior and happiness. Each one of them must always answer one

fundamental question: Does God exist? Every philosophical battle ultimately returns to that one fundamental question, and still this question has not been solved. Could a definitive decision be reached if philosophers gathered together at a convention to take a vote? If they voted yes, would God exist from that moment, or would God be there even if they voted no?

Will God suddenly come into being when man discovers Him, or has He always existed?

Man has acquired tremendous knowledge and developed vast technology to the point where man thinks he can become like God and do anything. Man has become arrogant in his knowledge, but God knows that all man's data is really like a peanut compared to the truth of the universe. The person who totally believes in limitless truth and energy and tries to embrace it is the greater person.

The men who can make the greatest contributions to human history are not scientists or philosophers, but those who have infinite faith and can unite with the universe. Therefore, you see that the religious leaders, not the scientists or philosophers, have made the most impact throughout history.

The great philosophers and scientists in history are not referred to as saints. Why? A prerequisite for sainthood is the perception of God. Without God, sainthood has no meaning. We are all scientists to some degree, but the great saints throughout history, for example, Moses, Buddha, Mohammed and Francis, all centered their lives upon God. Even though they did not use the same term for God, their lives all started out from one common ground.

The saints of history did not teach that the most important thing is power, money, or knowledge; they basically taught one thing: love. They taught of two kinds of love, the vertical love between God and man, and the horizontal love between man and man. No matter how much knowledge a philosopher or scientist may have, if he does not know love then he does not truly understand man or man's behavior, or the principles that guide man.

Perhaps a scientist will make a tremendous discovery which results in a great contribution to human society. If he is a bachelor with no family, then in spite of his great discoveries people will wonder if he could be truly happy. If he does not know love then he does not know the true value of man's life. The greatest way of life is the pursuit of true love. That pursuit of true love is the backbone of human history, and will continually make an impact on human history.

Why have we found happiness in religion?

Having all this information as background, can you explain why Unification Church members are happy? First of all, we are happy people because we are religious people. We are seeking to make the greatest contribution to mankind and to experience true happiness. We are happy to be religious people because there is a possibility that we can reach God and consummate His love. Furthermore, we know that the possibility of love is not limited to our own lives; we can bring the gospel to mankind and transform our whole world into a world of happiness.

Do you believe in God or do you know God? We can each say, "I know my mind is real, and in the same way I know that God is real. However, for the same reason I cannot fully explain my mind I cannot fully explain God." Your mind controls your way of life and you obey the directives of your mind. Similarly, you know God is there, dominating your life and giving you mandates and guidance. Your mind handles the horizontal elements of life, while God controls your way of life in a vertical or universal sense.

You are glad God is with you. That is why Unification Church members are happy people. You know God as the subject of love, and therefore you can become His object, creating a circuit of love with Him. Because you know God so well you can say, "God, You are almighty and omnipresent, but no matter how great You are, You need me because without Your object You cannot be subject. I am Your partner and without me You are not perfect."

You must love God without hesitation. This is the greatest contribution the Unification Church is making to human history, explaining the most genuine version of God. The Unification Church is making a contribution by bringing the living God into man's life. We ourselves live in that conviction. We can raise ourselves up to the level of God because in the name of love we are making ourselves objects to Him, not in word alone, but in reality.

We don't need a concept of God. We need God as our subject, coming into our very tissue. Unless we practice this, then we cannot even talk about the Kingdom of God on earth. I can only pursue this life because of God's love.

Why are you happy in the Unification Church? You are not worshipping a conceptual God, but a living God with whom you share your life. Without having

CONTINUED on page 12

Creating Happiness



Heather Thalheimer

Heather Thalheimer is the Director of Education for HSA-UWC, USA.

The *Divine Principle* opens with the statement, "Every human being is struggling to attain life-long happiness and overcome misfortune." Yet despite the centrality of that quest, happiness seems to elude people. This is in great part because we are not in touch with what brings us true happiness. Additionally, we live under the impression that happiness is something that happens or doesn't happen to us, rather than something that we create by how we live day to day.

So, can you be happy by deciding to be? A handy little book titled, *Teach Yourself Happiness*, by Paul Jenner promotes the idea that happiness is something to invest in by changing the way we look at life.

The search for happiness is perhaps easier to identify by first recognizing what leads to unhappiness. Those thoughts are often more tangible than notions of being filled with love or altruism. In his book, *Teach Yourself Happiness*, Jenner lists:

10 thoughts that can make you unhappy

1. Theirs is better (comparing)
2. I want more.... and more (greed)
3. If it's not black, it must be white (all or nothing)
4. If it's not perfect, it's no good (perfectionism)
5. Why is this always happening to me? (exaggeration)
6. I'm not going to like this (jumping to negative conclusions)
7. I feel it, so it must be true (emotionalism)
8. I'm a label, you're a label (labeling)
9. I should do this, you should do that (obligation)
10. If it's wrong, it must be my fault (wrongly taking responsibility)

No doubt there is more than one item on this list that could be reversed in your life, but the idea of changing often seems too monumental to consider even when happiness is the promised pot of gold at the end of the rainbow. However, science is teaching us that the human brain is incredibly "plastic." That means we are not doomed to repeat the past;

we can actually "rewire" our brains and mold our behaviors through positive intention and practice. We can retrain our brains. Although science is teaching us how this happens, the notion that it can happen is much older.

"Your living is determined not so much by what life brings to you but by the attitude you bring to life: not so much by what happens to you as by the way your mind looks at what happens."
- John Homer Miller (1722-1791) American author.

True Parents are the masters of this cognition. We are released to happiness when we learn to be grateful and to forgive. These two virtues, which we see revealed fully in True Parents' lives, are identified as essential by Jenner and other researchers who study the quest for happiness.

Jenner writes:

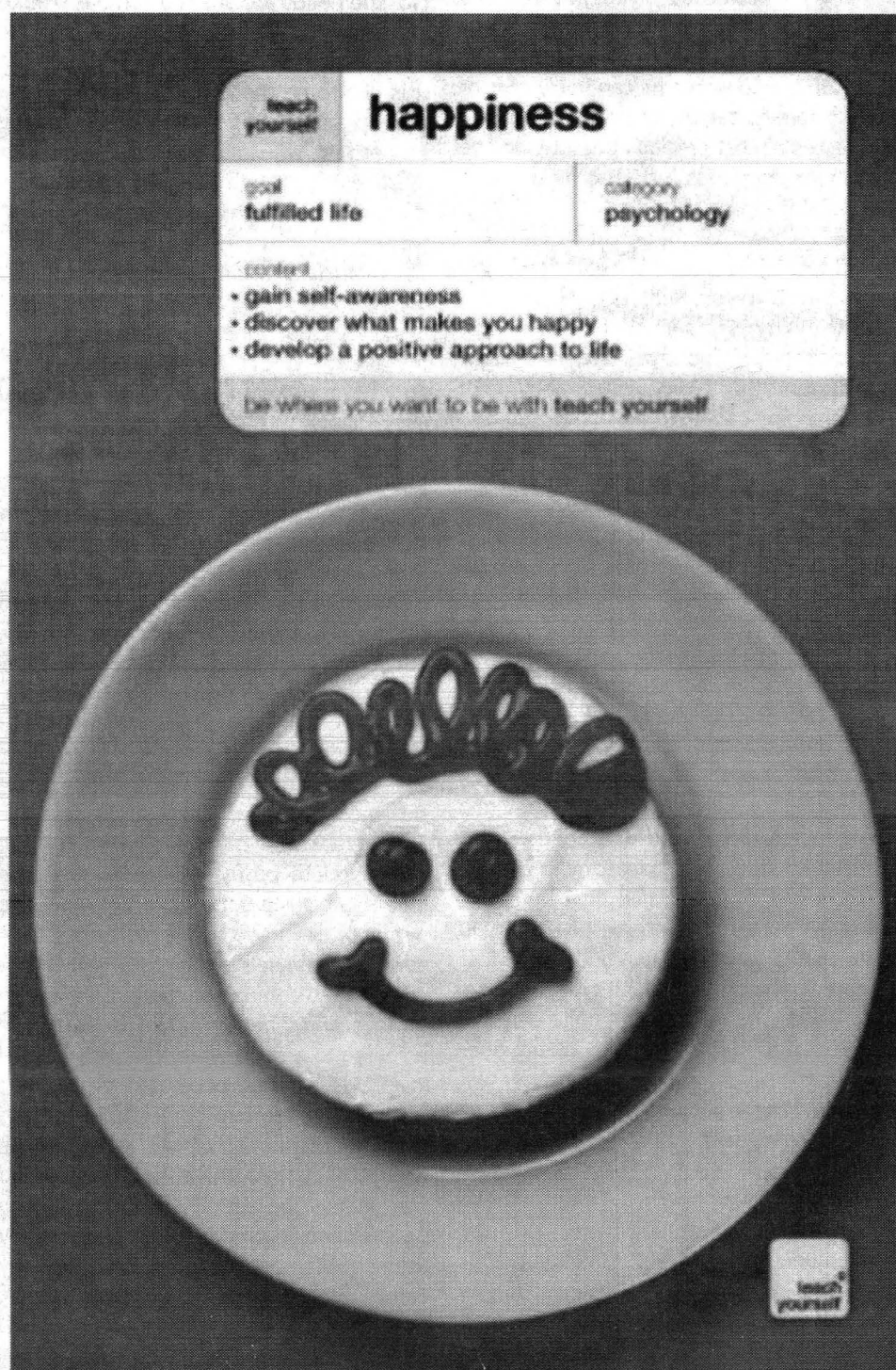
Be grateful. Right now scribble down ten things you can be grateful for. Look at them and think about them. Remember, no matter how bad the situation seems, there are always things to be grateful for.

Forgive. Make the decision this minute that you're going to forgive someone against whom you've been harboring feelings of resentment. Always let go of negative emotions. When you brew poison against someone else, you only end up poisoning yourself.

Developing a heart of gratitude is a simple mantra but hard to accomplish. I love hearing Reverend In Jin Moon's stories of Mother during her sermons, as they strengthen me along the path towards living a grateful life.

Each one of us has his or her own opportunity to choose happiness and gratitude. I was personally challenged while living in a half-finished house for seven years (it's still not quite finished!). My husband is a perfectionist and wanted whatever we built to be of the highest quality and beautiful. He would contemplate for months the design for the ceiling. On the other hand, I would be lobbying that we at least, please, put in a bathroom door! I survived seven years should without a real kitchen. I cooked on a hotplate in what eventually became a second bathroom. What saved me during those years was National Public Radio! I would cook, clean or drive while listening to stories from around the world. When people would visit us, the wives would ask me, "How can you survive like this?" I would genuinely respond that this is a palace compared to a hole in the ground in Afghanistan or a refugee camp in Sudan. Taking a global perspective helped me find the glass half full.

In a recent sermon, Reverend In Jin Moon said, "When we decide to be happy we are



already taking the first step into owning who we are, what our mental process is, what our thinking process is, thereby defining ourselves to be that successful, powerful, eternal son and daughter of God who has infinite value, and a rich reservoir of love to share with the world..."

Owning who we are and applying our thinking process is even more important when we consider the virtue of forgiveness, which can represent a huge barrier to most people's happiness. The smallest slights can become uncontrollable demons in our lives. We are somehow duped into holding onto anger and hurt. Ironically, we find strange comfort there; at least we think we do. How to let go? Forgiveness is most associated perhaps with

Jesus but our cultural knowledge for the need for forgiveness goes back further and is possibly the seed of Jesus' own understanding.

The scholar, Gopin, writes in his book, *Hope from the Middle East*:

Exodus 23:5 teaches that it is a mitzvah (good religious deed) to help your enemy when he is struggling under his burden. And rabbinic Judaism taught over many centuries that shared work is actually designed to confuse the enemy, wake him up from his safe assumptions that the other person is evil. In creating that confusion the mitzvah created the possibility of change in someone's heart, forcing him to re-evaluate his feelings (see # 7 on the list of 10 Things That Make Us Unhappy: "I feel it, so it must be true

- emotionalism") moving him to repent of his hatred and forgive.

Anger and hatred make us want to separate but the antidote is to engage, to serve, to give, to extend and create a shared environment. If forgiveness feels like a far-away hope in your life, you can draw courage from stories of forgiveness in a wonderful book, *The Forgiveness Factor* by Michael Henderson. As corny as it sounds, I also find hope between the pages of *Reader's Digest*!

Father Moon is a true master of forgiveness. In his life stories we find the examples that can fuel our own lives towards letting go of anger. It's not that Father Moon doesn't feel anger and hurt - the intensity of his emotions are often visible as he shares from the heart during early morning sermons. His genius is the self-discipline he practices.

I love reading Reverend Sun Myung Moon's autobiography, *A Peace-Loving Global Citizen*, because it reveals the spiritual, mental, emotional and physical discipline that he practices in his life. I realize he chooses love and chooses happiness. In contemplating this, I am reminded of an Indian Proverb:

"Everyone is a house with four rooms, a physical, a mental, an emotional and a spiritual. Most of us tend to live in one room most of the time, but unless we go into every room, every day, even if only to keep it aired, we are not a complete person."

Our physical, mental, emotional and spiritual life all contribute to our happiness in unique ways. This is why we have to take care of ourselves physically. We need to laugh often and laugh the kind of belly laugh through which you just let go. Laughter reduces stress, increases disease-fighting antibodies, which pierce defective or infected cells in order to destroy them, lowers blood pressure, relaxes the body, and reduces pain. Laughter just plain feels good! Sharing laughter as a family builds emotional closeness.

Another important component of our physical, emotional and spiritual happiness is our love life. "Absolute sex" while not a term the world is familiar with, means a sexual relationship in the presence of purity, fidelity, love, spirituality and absence of inhibition. It is supposed to occur frequently. Father Moon talks a lot about the importance of skin touch daily. Science supports this and explains the complex hormonal benefits that occur through skin-to-skin contact and the fulfillment of the sexual relationship. Sex increases the levels of certain "happy" chemicals in the body including Dopamine, Phenylethylamine and Oxytocin. Connecting with your spouse on a physical, spiritual and emotional level

creates the greatest happiness and is the place where we ultimately meet God. Taking the time to love each other may be the most important thing you do each day.

It's also important to do what you love. Reverend In Jin Moon often speaks in her sermons about discovering your passion and gifts. Each one of us has a talent or gift that, if developed, can be a great source of happiness in our lives. We feel good when we are doing something we are good at! Operating in the zone of your strengths, and even better, having a career in that area, generates a life of immense satisfaction. It goes far beyond the better known examples of the great painter or violinist but can be as simple as discovering you love baking bread. You love the feel of the dough and the physical connection between you and the bread, and it brings out your creative self when you adapt recipes to create a taste no-one experienced before. You love the act of baking for someone and anticipate the joy they'll feel in the unexpected gift of fresh bread. We often think of serving others from a deficit point of view. It's associated in our minds with uncomfortable effort and sacrifice and somehow is linked with a feeling of depletion. But when you give and share what you're good at, it not only contributes something wonderful to the world but brings great happiness to you. So, if you are not enjoying whatever volunteer activity you're involved with, try finding an opportunity that allows you to share your talents and strengths.

It seems that connection is key to happiness. It is in connecting to others that we solve loneliness and are motivated toward altruism. Although a cynical world would even question the existence of a truly altruistic act, I personally believe in it, because the happiest people are those who are doing something for others. They are not victims but epitomize the famous lines from "Invictus": "I am the master of my fate: I am the captain of my soul."

I'll leave you with this thought:

"I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve." - Albert Schweitzer

Write to DOU@unification.org
with your comments on this section.

Facing Bipolar: The Young Adult's Guide to Dealing with Bipolar Disorder

Dr. Russ Federman and Dr. Anderson Thompson; New Harbinger Publications Inc.

reviewed by Heather Thalheimer

Heather Thalheimer is the Director of Education for HSA-UWC, USA.

We are all variously challenged, but for those facing mental health challenges life can seem hopeless or overwhelming. One thing I learned through working in the field of disability for 13 years was that everyone can carve out a life that has dignity and value and yes, even happiness. In the most unlikely families I would discover courage, authenticity, unconditional love, resolve, commitment and humor.

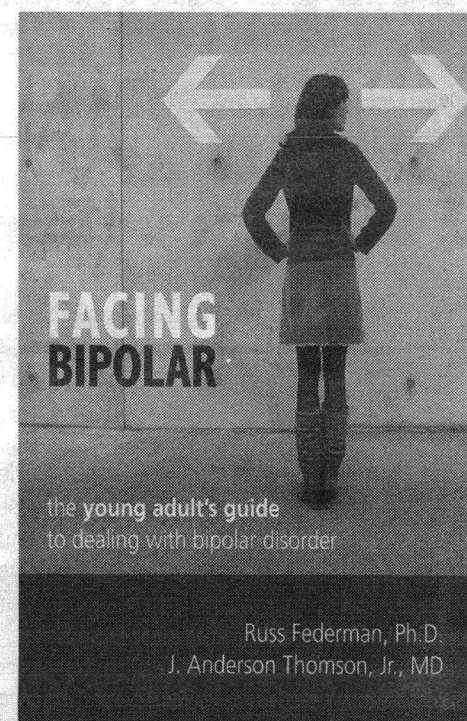
I find that many people are scared of the unknown, scared of the stigma of mental illness and unprepared to support the most vulnerable members of society; but this is changing and I want to be part of that change. I want our young people to know that every person needs to have self-awareness and know how to successfully manage their lives, and that is not any different for the person living with mental illness.

In their book, *Facing Bipolar*, Drs. Federman and Thompson demystify Bipolar disease with stories of real people. There is so much relief for people with mental health challenges when they realize they are not alone and it is not their fault that they are experiencing the outrageous symptoms that take them on an emotional roller coaster ride. It can also help parents understand that their child isn't just choosing to be moody or difficult.

The book is full of practical advice. It includes a discussion on medications and helps the reader understand how they work and how to become a decision maker in their own or a loved one's treatment. The book also challenges more difficult discussions including how to accept mental illness and deal with experiences such as grieving the loss of normalcy.

Facing Bipolar reviews four key factors that bring stability to life, helping the individual with Bipolar develop the necessary coping skills to manage its impact on their life. It also includes very important chapters on how to tell your friends, manage your independence and create a life you can love.

I appreciate this book: it shows in a very down-to-earth way that everyone can love life.



DISCOURSE ON UNIFICATIONISM

HISTORICAL SPEECHES

CONTINUED from page 9

any breakfast and sitting on this cold floor, you are still happy people because you are sitting in God's lap, embraced by His love.

I am amazed that you sit for long hours, even when your back is aching, and still listen attentively. I feel a great joy watching your expressions because sometimes you are completely overwhelmed. What do you gain from this? You won't be fed a meal; instead, the love of God will come to you out of this. I have been persecuted, cursed and criticized for thirty years, yet I am the happiest man. Out of this suffering way of life I have learned about God and His love. God is always intervening in my life with love, and I feel the love of God down to my bones. Because of God I have no reason to fear persecution, and I even welcome it.

I can pursue this kind of work because of the love of God

Of course I get tired and find it difficult to go on sometimes, but I go forward willingly. The harder I work, the more I can feel God and I am a happy man. Does persecution discourage you or does it give you power? Many of your parents have nice homes and good food, and they want you to stay home with them instead of listening to me. Even so, you still come and endure a hard way of life. This puzzles people and they ask, "What is Reverend Moon's power?" Until you know the love of God, you will not know the reasons for our dedication.

The important consideration is whether we know with certainty that we are in the position where we can receive the love of God.

I am a man who does not fear guns or bombs or death threats. The one thing that could make me tremble would be the departure of God's love. I will do anything and everything to possess the intensity of God's love.

How can I do so much in one lifetime? My secret is that I know the love of God, and in knowing God and His love there is immeasurable depth. God is really greedy in a way because He wants everything, and for this reason I have to go in every direction in order to respond to God. Because everything I do is for the sake of God, everything I touch is successful. No matter how rough I am or how hard I push you, it is never for my sake but for the sake of humanity.

I said at the beginning that the person who can freely give and receive is a happy

person. Is there only one correct direction for give and take? You must become the type of person who can have give and take in many directions, such as front and rear, up and down, and left and right. God is like this type of person. God wants men to have give and take on a horizontal level in all directions as well. The person with a circuit of give and take of life like this is the happiest person.

No matter where people stand in relationship to God, everyone wants to have give and take with God. You know love is the most precious thing to God. Love fulfills God's will when used for God's purpose, and fulfills Satan's will when used in an impure way. The entire history of restoration is a history of God seeking to restore the order of love.

Satan's love is temporal and destructive while God's love is eternal, constructive and progressive. The free sex which is rampant in America today is a form of love, but it is temporal and destructive. When Satan destroyed true love, morality was also destroyed, and Satan was able to destroy man's entire history. Eventually people may even want to change the Constitution and the laws so they will be free to behave like animals. Satan knows the supreme value of God's love for God's world, and because Satan wanted to destroy God's ideal, Satan stole the love of God and used it as his own tool.

Without man there is no heaven

Why does God need Adam? God is subject while Adam is in the object position, and unless Adam can first unite with God, he cannot be the subject on the horizontal level. Why does God need Eve? Unless Eve can first become one with God, she cannot take the object position on the horizontal level. That means true love cannot even be discussed without God as the center. Who is master of love, men or women? In order to become a true man, every Adam must unite with God. At that moment of unity he becomes a man; otherwise, he is only an animal. Women are just the same.

God is dwelling in your mind, and when you listen to your mind you listen to God. In Corinthians, God spoke through Paul to say, "Do you not know that you are God's temple, and that God's spirit dwells in you?"

Those who want to become the central hosts and hostesses of the universe, please raise your hands. Why do you feel that way? You consciously or

subconsciously understand what you are, and that your position is God's position.

You can breathe God's love when you go to spirit world and the love of God surrounds you; when God's love is not there, however, you suffocate. Love serves as the atmosphere in the spirit world, whereas in the physical world you breathe air. You must practice breathing love here on earth so you can breathe love when you are elevated to the spirit world. That is the purpose of a religious life.

When true love is given, it returns with a plus

Love starts when you put yourself in the position to serve others. From the very beginning men and women were created to serve one another; it is only through a woman that a man is fulfilled and through a man that a woman is fulfilled. This basic principle of life cannot operate when you do not exist for each other. I want you to know the difference between the two kinds of love. A love for others is the true love of God, but a selfish love is the love of Satan. When you marry, do you want to be loved or to give love? If you want to get married to only receive love, then you are manifesting the selfish love of Satan.

When you give love, it always returns with a plus. When you give a certain amount of love it is never lost, but will ultimately return increased. Through give and take, love will multiply and prosper for eternity. Love will return with a minus to the greedy person who always wants to take, simply because he has already kept some portion for himself. The true love of the Kingdom of God will never exist if you are intent on only receiving love. The condition for the Kingdom of God to exist is to love and serve others. Satanic love is exactly the opposite.

Why is there divorce? When people marry only to make themselves happy, their relationship cannot last long. Because these people are selfish and greedy, they take more and more through the years from their family, society, nation and world. In the end, they find that they have lost everything. Man has come to the point that he must change his way of life 180 degrees, by living to give love. Then the world will certainly change.

Why are you the happiest people? Because you know you can become God-like men and women.

When you search after supreme love, do not expect an easy road. You must do your utmost to reach that goal of the greatest love of God. When you pursue

that goal single-mindedly, you establish yourself as a host and hostess of the nation, the world and the universe.


Everything is precious if done in love

If you can feel God, and live and eat God's love, then regardless of hardship, you are the happiest people under the sun. Whether or not our Church has many physical possessions does not measure my value. If we lost everything we own, I would not be sad or shrink from this mission. As long as the love of God is intact and strong, my intent will persist. As long as the love of God exists, the universe is never empty but completely filled with love. Sometimes I feel so happy that I think even God envies me.

I have already decided to live and die on this course. I cannot alter this course because it is the only route to the love of God. The greatest, happiest man under the sun is the man who is born through love, practices love in his lifetime, and dies in love.

I always think of the analogy between the Unification Church way of life and golf. I am the golfer and you are the ball that I send flying down the fairway. I want to have my ball land right next to the hole so that I can just tap it in, not somewhere in a sand trap, or even on the edge of the green. Actually I want to be the golfer who makes a hole in one 100% of the time. If you say, "Oh, Father, you hit me too hard. I don't want to sail through the air," then you are not worthy to become a hole in one.

You represent all the races of the world. Since I have laid the foundation for the Unification Church all over the world, everywhere you travel you find my home, and therefore your own home. If you went to England, you would call the English Unification Church "my church." Unification Church is one home and one family. Without any question you are the happiest people. You have eyes and you certainly have the right to shed tears, not just of sorrow for God, but of joy. The Unification Church way of life is exciting, and when we take action all of America is embroiled in controversy.

We must not be deprived of our dignity. Our pride is heavenly pride. Let us together strive forward until we meet God on the ultimate level, the level of perfection. Let us pray. 

Write to DOU@unification.org
with your comments on this section.

Managing Mental Disorders

Megan Patterson

Megan is the Center Coordinator for the Venn Center, a private mental health center. She graduated from the University of California at Berkeley. She lives with her husband in Fair Lawn, NJ.

I am used to receiving a barrage of different reactions when I tell fellow Unificationists that I work in the mental health field. From *Watch out! There's a lot of weird stuff out there!* to *Psychology is so selfish!* But the reactions that I remember most are the hushed whispers of *My mom just got out of a psychiatric hospital* or *My brother is dealing with depression* or *I am seeing a therapist, but I haven't told anyone*. I have found that many people in our Unification family are struggling with issues regarding mental health.

I come to you not as an expert, but as one who has started to navigate the field of mental health. I'm a second-generation Unificationist who studied psychology as an undergraduate at the University of California Berkeley. After graduating, I worked as a mental-health worker for a psychiatric hospital in New York for a year, and I am now a coordinator for a private, mental-health practice in New Jersey. Along the way, I've made some observations that I'd like to share as a means of generating dialogue about this issue, which is affecting so many of us, yet is hardly discussed.

There are a wide range of conditions that are considered mental disorders, from anxiety and depression to bipolar disorder and schizophrenia. Some are directly related to situations like losing a loved one or financial stress, and in time may pass. Others are chronic and need daily maintenance to stay regulated. Understanding the cause of these disorders is a complex task. Is it biological? Is it spiritual? I've seen many cases that support both explanations. I can't help but believe that as spiritual and physical beings, there are elements of both that contribute to the things that affect our mind, body and spirit.

One thing that has helped me in understanding people with mental illnesses is my experience with my own chronic illness, diabetes. I don't know the reason why I am a diabetic. I know that it runs in my family. I also have been told that my ancestors may have been greedy.

However, I do not focus a lot on why I am diabetic anymore. What I do know is that I have a chronic condition that can be managed with medication and about my condition. I know that if I am not regulated, I know my behavior changes when my sugars are low, and my friends and family know that I may act out of character when this is the case. I can tell the cook at a local restaurant that my meal needs to be prepared a certain way, and he'll understand. I have the support of friends, family and society who are educated and aware of the needs of a diabetic.

Similar to diabetes, mental illnesses require maintenance, which sometimes includes medication, self-awareness, education and a supportive environment. One of the differences, however, is that many people are either scared of, not aware of, or shy away from the needs of those with a mental illness. There is still a lot of mystery and silence around this topic. This makes it all the more challenging for those who need to seek help.

Mental illness does not discriminate. It affects people from all backgrounds, religions, and social status. At the hospital, I took care of celebrities and homeless people, adults and children, Christians and Jews. According to a study done by researchers (Kessler et al) in 2005, about half of Americans will meet the criteria for a diagnosis of a mental disorder over the course of their lifetime. Statistically speaking then, does it not make sense that some brothers and sisters in the Unification Church community might meet the criteria as well?

Even if one does meet the criteria for a mental disorder, it is certainly not a death sentence. There are ways to manage it and lots of helpful resources. A simple way to start is what people in the field call psycho-education, or educating oneself about the illness and ways to manage stress or understand one's triggers. Education helps the

condition become less mysterious and gives a better sense of control. Reading other people's experiences through blogs and biographies aids in understanding how others have found ways to help manage their condition. Another option is to seek professional help. Professionals can offer a way to connect to resources and support groups that you may not be able to find on your own.

I understand that there are many Unificationists who do not feel comfortable seeking assistance from professionals in the mental-health field and many times for good reasons. Finding a good therapist or psychiatrist is like finding a good doctor. Some doctors are fantastic, well trained and understanding. Some are not. I suggest to be upfront about your concerns and your spiritual beliefs. Modern mental health professionals are much better trained to be sensitive to a family's cultural and spiritual background. Anybody who isn't sensitive to these things is being unprofessional and you have the right to find someone else to work with.

There is one thing that I've noticed from working in this field that is undeniable. Those who are challenged with a mental illness but who also feel supported in their family and community-fair better than those who feel alone and misunderstood. I hope that this article can serve as a plea for compassion

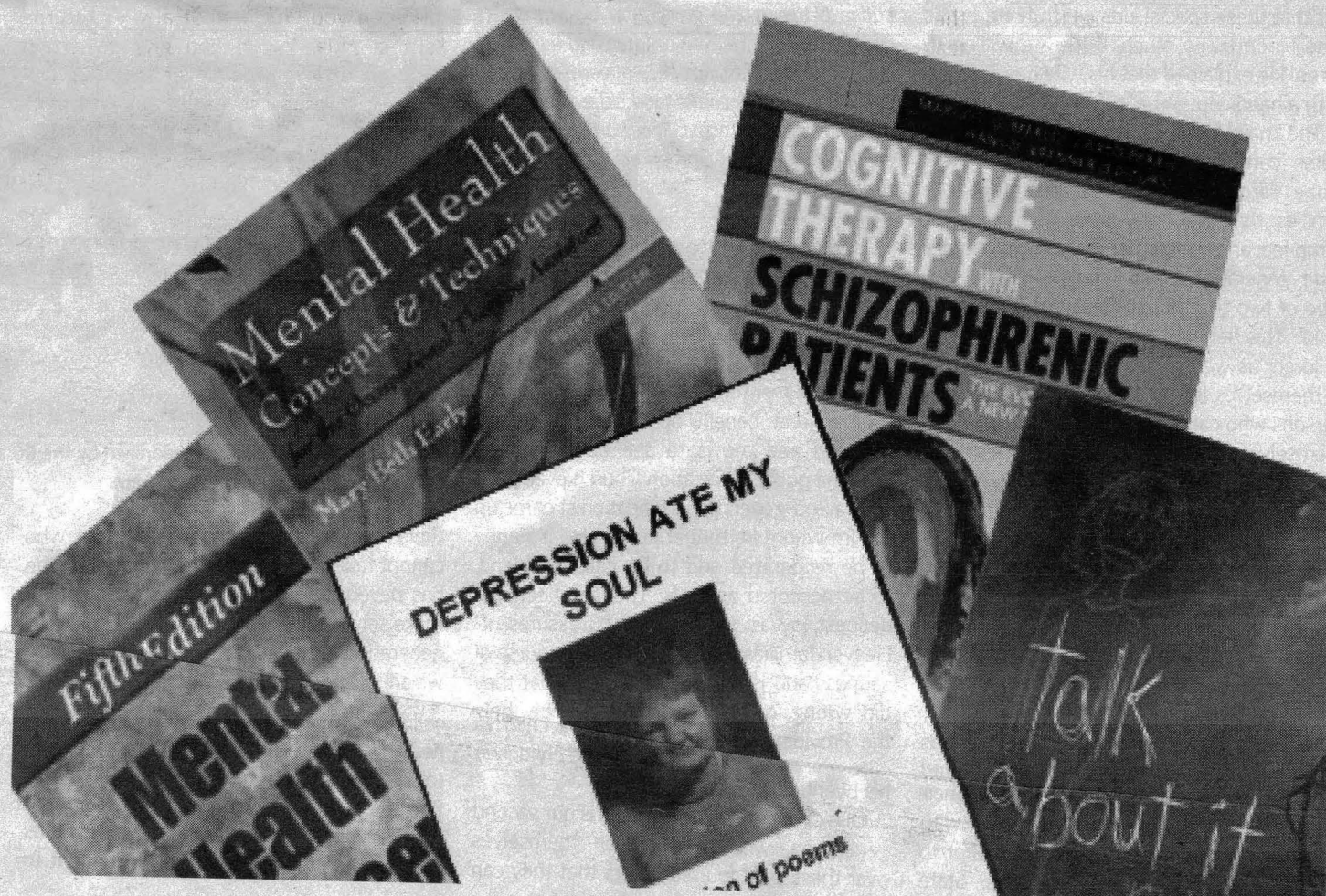
and understanding for our brothers, sisters and their families who are faced with these challenges and raise awareness of an issue that doesn't get much attention.

I will leave you with one of my favorite quotes from *The Years of Silence Have Passed: My Father's Life With Bipolar Disorder*, written by the head of the psychology department at U.C. Berkeley, Dr. Stephen Hinshaw:

Persons with mental disorder are essentially and irreducibly human; their similarities with everyone else vastly outweigh their differences. Considering and embracing such fundamental humanity may well be the most important attitude for professionals and, indeed, for all of society, not only for gaining a better understanding of resilience but also for reducing the stigma that still pervades opinions toward and responses to mental disorder.

Despite the very real suffering and loss induced by serious mental illness, a great many individuals so afflicted rise above their predispositions and legacies to lead productive, sensitive, and even inspiring lives. (p.192) UC

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JULY - AUGUST 2010

DISCOURSE ON UNIFICATIONISM

MENTAL HEALTH AND WELLNESS

The Heart of the Treasures of Heaven

Fran Ichijo

Fran Ichijo is Artistic Director of Hope Garden Ballet Academy and Hope Garden Children's Ballet Theatre. She has been teaching Classical Ballet for over 30 years and has a BA in dance and art from Hamilton College in Clinton, NY. She has three children and lives in Gaithersburg, MD.

Photographs provided by Fran Ichijo

The Special Needs Ministry was formed in 2004 after True Father gave instruction to Dr. Chang Shik Yang, the Continental Director of the United States, to find and help match all the handicapped 2nd generation Unificationists in our movement. This event was precipitated by the matching (by their parents) and the Blessing of Kenji Ichijo and Sonya Yoder in July of 2003, in which Father was acutely interested as reported by Dr. Yang directly to the Ichijos. Dr. Yang asked the Ichijos to take up this cause.

Yoshi and Fran Ichijo accepted the request to take up this ministry by Dr. Yang, and were asked to be part of the Blessed Family Department (BFD). Since 2004, the Ichijos have had a website created for the Special Needs ministry, have tried to find all the Unification Church Blessed Families in our church worldwide with Special Needs children, and have helped facilitate meetings of Special Needs families. So far, there have been six matchings and Holy Marriage Blessings of Special 2nd generation Unificationists. Under the guidance of Reverend Hyung Jin Moon, the International President of the Unification Church, who spoke about special needs children more than a year ago, the Ichijos decided to change the "Special Needs" name to "Treasures of Heaven", as he said that he felt that these special kids are truly treasures who teach us so much, if we are willing to listen. He explained that his wife has a sibling with a handicap.

The main focus of the year is the annual horse camp retreat every August at New Hope Farms for any Treasures-of-Heaven families that want to come. They pay a camp fee, and we gather enough volunteers (2nd generation Unificationists) to have a ratio of two to one per Treasures-of-Heaven child. This benefits the Treasures-of-Heaven children, as well as the volunteers who give of themselves for three days to handicapped persons who cannot perform simple tasks by themselves. The parents take part in sessions and therefore get to have time together to share, laugh, cry and make plans to improve the lives of their children. The horses themselves work their own miracles as only horses can do.

We want to reach out to other Special Needs groups with this model of a workshop as it is very duplicatable and benefits all involved; we welcome everyone.

We also have encouraged the various Unification Church districts in the United States to organize themselves to have their local support groups and network with other groups who have so much to offer to help Treasures of Heaven families. State

governments have wonderful programs of support for families of the handicapped, and many of our Japanese families are not aware of all the benefits that are out there. Treasures-of-Heaven Ministry is trying to help educate and make families aware of which state programs they can be a part. Yoshi has traveled to California and to Europe to visit and encourage families there and then went to Japan last year to visit "Fruits Basket", the name of a parallel Japanese ministry to special-needs children. By e-mail we communicate with families all over the world.

Our mission statement, taken from our website reads:

The Special Needs Ministry (hereafter referred to as Treasures of Heaven) strives to assist the parents with eligible Special Needs (hereafter referred to as Treasures of Heaven) children to get matched and Blessed in marriage.

Secondly, Treasures of Heaven strives to help parents with a special-needs child find the healing and grateful heart, especially those who struggle with a severely disabled child, through the association with other parents in the same situation. To this end, Treasures of Heaven strives to build a wide support group by sharing useful information and mutual encouragement.

Thirdly, Treasures of Heaven strives to build a bridge between 2nd generation Unificationists and Treasures of Heaven children and thereby to appreciate the blessings they already enjoy and to try harder to become good citizens of Cheon Il Guk (Nation of Cosmic Peace and Unity / The coming Kingdom of God on earth, the world of peace).

To this end, Treasures of Heaven strives to urge 2nd generation Unificationists to volunteer to be mentors and partners for Treasures of Heaven children in various activities, such as summer camp and as an occasional mentor and friend of the family.

One great benefit of the camps to my husband and me is to see our son Kenji attend a public Unification Church event and have a 2nd-generation Unificationist come up to him whom he met at camp. He is happy to be recognized and to be called a friend, to be accepted as he is. This has been our deepest joy as we and many Treasures-of-Heaven families have gone a lonely course of sadness and isolation, wondering what they did wrong, or how can they possibly help the Providence, when they have been constantly ignored, even when the child is in his twenties.

One of our greatest treasures is our second generation, who have proven themselves over these past four summers that they can



Kenji Ichijo and Sonya Yoder right after their Blessing in July 2003 in Chicago. They are the first couple that we know of in our movement who received the Blessing from TP and thus the Treasures of Heaven ministry was born, though at first it was called the Special Needs Ministry.



Participants playing a game organized by the BC activity coordinators, Cathlene Bell and Rebecca Brosseau.

tirelessly give to an unfortunate soul who cannot take care of himself or herself, or who has never had a friend ever, or who cannot make sense of the world we live in. These 2nd generation Unificationists are amazing, and we are so proud that all Treasures-of-Heaven children can show us the way to a grateful heart. Even accomplishing the most simple task to them is a tremendous feat. If we can find the "attitude of gratitude," then we can progress spiritually. These kids can teach us that attitude if we just try for a moment to

put ourselves in their shoes. These families deserve our support, but they also have a lot to teach us in general.

Below to learn more about Treasure of Heaven Ministry:
<http://www.familyfed.org/bfd/min/treasure/treasure.html> ^{UC}

Write to DOU@unification.org
 with your comments on this section.

God Guided Me to Become a Chaplain

Reverend Dr. Donna Ferrantello

Reverend Dr. Ferrantello is a UTS MDiv. with a Ph.D. in Theological Studies. She is a Fulbright Specialist Overseas Scholar for Peace, an Ambassador for Peace and a Resident Chaplain at Westchester Medical Center in Valhalla, NY. She lives in Tarrytown N.Y. with her husband, Anthony, and their blessed daughter. Contact her at: opensky51@yahoo.com.

While discussing Alumni Relations at the Unification Theological Seminary (UTS), President Dr. Richard Panzer asked for this testimony to be shared with Unification Church members and our present and future UTS students. UTS now has a Chaplaincy program which places students in the growing field of Clinical Pastoral Counseling.

Whether young or old, we sometimes don't know what God wants us to do.

I felt this way after moving to New York several years ago: the job market was tight, church leadership was tight; and my adjunct teaching at University of Bridgeport was too long a commute.

With many ministry experiences, skills and talents, what did God want from me, other than my church and UTS-alumni volunteer work? While praying about this, I knew that I had to get out into the community and find God's guidance through give-and-take, not just prayer.

I was inspired to hear Rev. Hyung Jin Moon's testimony that he began his Seoul church ministry by rising early in the morning to visit and love the children who were in a nearby hospital. Before joining our church in 1977, I loved working with handicapped children in Easter Seal Camps and daycare centers. Why not do what I enjoy? So, in February 2009, I began to volunteer again—this time at Phelps Hospital as a "Patient Representative" in the orthopedic unit. In this role, I simply provided a listening ear, empathy and encouragement to patients who shared their stories and feelings about being in the hospital. On some visits, adult patients asked: "Will you pray for me?" One day I shared with the director of volunteers how meaningful these experiences were for the patient and for me. She recommended that I get to know some of the chaplains in the hospital, and she arranged for me to sit with a group of chaplains at the annual volunteer banquet. Some chaplains were senior citizens or ministers whose churches made them "Eucharistic ministers" for this hospital work. But other chaplains I met were ministers who had trained in Clinical Pastoral Counseling Education programs (CPE) to become certified chaplains, in this growing ministry profession.

In my prayer, I asked God: "Is this where you are guiding me?" My answer came from prayer and my patients who responded to who I am. They immediately sensed that my heart was very sincere and deeply compassionate; they felt understood and comforted. They confided in me their painful stories as well as their joys, hopes and needs for spiritual direction.

Why Chaplaincy?

For those who are curious or who may want to consider becoming a chaplain, you may ask: "What is a chaplain?" There are different chaplain roles, for example: a prison chaplain, a military chaplain, a police chaplain, a

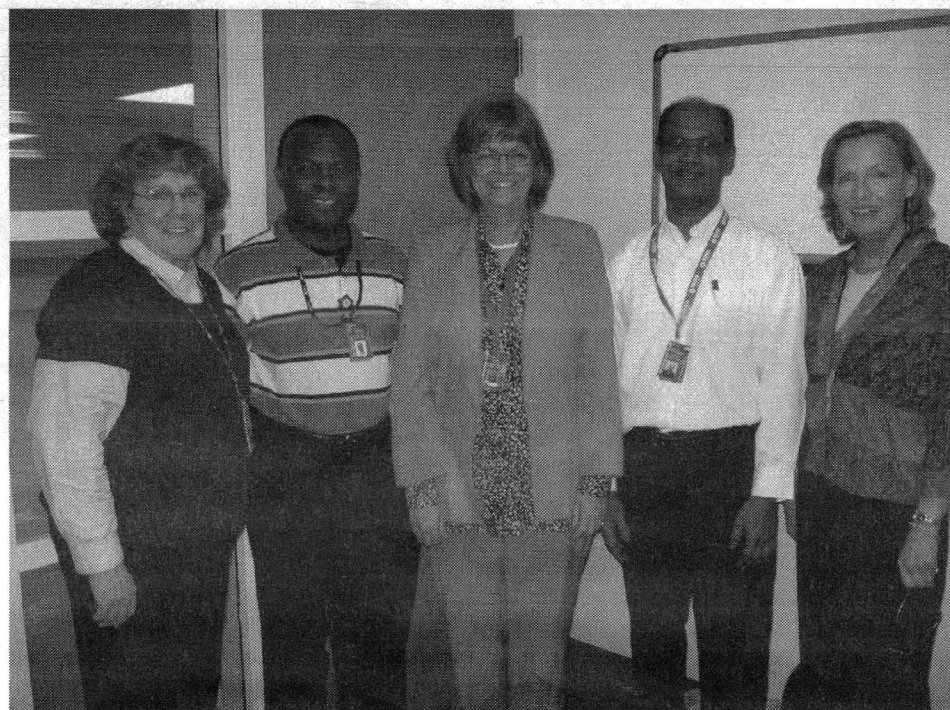
hospital chaplain and even some corporate chaplains. A hospital chaplain is a minister and/or faith representative who cares for people who are suffering from medical-health situations. The essential qualification to be a chaplain is HEART.

Compassion is a mind that [seeks to comfort] the suffering that is present in the other. The essence of love and compassion is understanding, the ability to recognize the physical, material and psychological [spiritual] suffering of others, to put ourselves "inside the skin" of the other.... Compassion means, literally, "to suffer with." -Thich Nhat Hanh, *Peace is Every Step*, pp. 66-67

Second, in order to focus on the patient's needs and be "fully present" to another, the chaplain needs to center on God and/or the center of her/his faith being. As a minister who also is a wife and mother, this focus is a blessing for my life, and family too. We all need to make this our center, as we are "central blessed families." Third, a chaplain needs to practice listening skills and learn how to identify feelings and needs of the other. As a woman with an intuitive gift, sensing feelings in others and groups has been my God-given quality that I have been aware of even when I was a little girl. (My father used to call me the "ESP" kid.) Chaplaincy sharpens the ability to not only "sense" feelings, but to learn the art of asking questions that draw out a person's own expression of her/his experience. Fourth, the chaplain comforts, encourages and/or shares resources which aid a person to not only cope or endure with a medical challenge, but to strengthen her/his faith and approach to spirituality.

Fulfilling an Unexpected Blessing from CPE

Since I already graduated from the UTS Master's of Divinity program and had done ministry work for many years, I easily qualified and was accepted at Westchester Medical Center CPE training for professional Chaplains which started in September 2009. (However, a chaplain intern does not have to have an MDiv. degree to be trained; he/she just needs to have studied Bible, theology and ministry and/or be in the process of obtaining an MDiv.) CPE is where my journey into Chaplaincy began—and where God surprised me with so many unexpected blessings. First, I found myself surrounded by ministers of all different faith backgrounds in the Chaplaincy Department of this large medical center: Rabbi, Iman, Catholic Priest, Protestant Minister, etc. We all had a common goal to share together in our work: to serve those who were suffering. We were one Interfaith Ministry.




Rev. Ferrantello (middle), Rev. Susan Lunning, Director of Chaplaincy/CPE (far right) and the Interfaith Chaplain team.

I recalled Rev. In Jin Moon's testimony about "natural witnessing"—and, right here, God guided me to be in a place where people would know me for "who I am" in the natural process of working together on a common goal. We also spent our lunch hour together in the hospital cafeteria and met once a week for a 4-hour seminar to discuss our experiences. What a blessing for a UTS grad to finally have a professional role in ministry! What a blessing for a woman minister, such as myself, actually to have colleagues to share and discuss our ministries together! Our team used an "Action: Reflection Model" of discussing our experiences and learning modes with each other. My team had two Protestant women ministers, one New Seminary Interfaith woman minister, two Roman Catholic Priests and myself, a Unificationist Interfaith minister.

Another unexpected blessing from CPE was learning that the training process also can involve healing for the chaplain, not just for the patient. When a patient's painful experiences "trigger" a memory within a chaplain's painful past, the chaplain has the space within the team to share that memory and process it toward healing closure. In this way, a trained chaplain learns to deal with residual pain or grieving; by being able to deal with our own painful moments better, they won't be pressing on us next time we meet a patient with a similar experience. For example, when my sister-in-law died following experimental chemotherapy treatments for cancer, the extended family would not discuss her dying or death together. It was difficult for me to deal with this lack of sharing among them. In

my CPE training, I met several cancer patients who reminded me of my sister-in-law. During my team sessions, I was able to face my painful memories and alleviate the need to deal with my own cancer experience.

God has a plan before we recognize it

An amazing memory came to me during the end of my first year of chaplaincy. Before moving to New York, I had a recurring dream which I could not understand at the time. In my dream, I was a minister joining with other ministers in the chapel of an institution, which I thought was a seminary or a college. We were there as colleagues to work and to learn together. I remember asking, "Is this a seminary that I am returning to?" No, I thought, it is not UTS/Barrytown, and I am not a student in the dream. I am a minister, healing and teaching others. As with many dreams, I did not do anything about it and even forgot it. Later, when moving to the New York area, I pursued teaching jobs instead. This year, at the hospital, surrounded by ministers at a chaplaincy meeting, I vividly remembered the dream. Aha! GOD HAD A PLAN... all along. And, this summer, 2010, I was awarded a full-time, paid Hospital Chaplain Residency for September 2010-2011. Thank you, Heavenly Father! [Heavenly Mother!] 

Write to DOU@unification.org
with your comments on this section.

DISCOURSE ON UNIFICATIONISM

SPIRITUAL HEALTH AND WELLNESS

Spiritual Health

Dr. Tyler Hendricks

Dr. Hendricks has been president of the Unification Theological Seminary for ten years. He teaches courses in worship, family and ministry and is the author of *Family, Church, Community, Kingdom: Building a Witnessing church for Working Families*.

Just as physical health requires exercise, and exercise requires discipline, so too spiritual health requires spiritual exercise, and spiritual exercise requires spiritual discipline. The chief resource for spiritual exercises and disciplines is the world's great religious traditions. The True Parents have brought these traditions to their fulfillment in the ideal of the true family.

When we hear the term, "spiritual disciplines," we might feel it is a depressing topic, such as the dictionary definition of discipline as "the practice or methods of ensuring that people obey rules by teaching them to do so and punishing them if they do not." This is like forcing people to exercise, which makes it work. But enforced exercise has little benefit for health. There was a study done of women who clean hotel rooms. At the beginning of the study, a doctor measured their health indicators and found that this was not an exceptionally healthy group. Then the women were educated about two things: one, the value of daily exercise to improve health and two, the fact that the cleaning they were doing actually constituted good exercise. A few months later a doctor found significant improvement in the health of the group. Lesson? When we feel forced to do something, we miss the benefits of doing it. When we realize that what we are doing has benefits, we tend to gain those benefits.

Enforcement of rules by the fear of punishment has nothing to do with the spiritual discipline that leads to spiritual health. Spiritual discipline that leads to spiritual health is freely entered upon based on knowledge and desire. Reverend Richard J. Foster, in his book *Celebration of Discipline*, sets forth thirteen types of spiritual discipline. After reviewing them, I will present a medical doctor's findings that the spiritual discipline of love contributes not only to spiritual but to physical health; a conclusion on the value of the true family.

Foster begins his account with "the inward disciplines."

The Discipline of Meditation

The world's scriptures record that the progenitors of faith spent time in meditation. Isaac went out to meditate in the field in the evening (Gen 24:63). David wrote, "My eyes are awake before the watches of the night that I may meditate upon thy promise." (Psalm 119:148) Mary, the mother of Jesus, "pondered in her heart" the words she received from an angel. In the midst of ministry, Jesus withdrew to a lonely place apart. (Mt 14:13) For years before his visitation, the "night of power," Muhammad

withdrew every year into a cave for prayer. Buddha spent years in meditation under the Bodhi tree. Moses went to the mountain by himself to meet God. Abraham went out to look at the stars. Our Founder spent days and nights in the mountains by himself. Meditation is a universal spiritual discipline.

The Discipline of Prayer

Prayer can mean comforting God, as True Parents teach, which calls us to identify with God and see the world from His point of view. Once we do that, each of us can see who we are from God's point of view. Talk to God all you want and learn to listen to God talking back. True Father speak, of this in his autobiography, *As A Peace-Loving Global Citizen*, saying "For a person to polish his heart to the point that it becomes as clear as crystal, he absolutely must spend time in direct conversation with his heart in an environment where he is away from the world and alone with his heart."

The Discipline of Fasting

Fasting is to put God first and everything else, even something as essential as food, second. We are sustained, as Jesus said, "by every word that proceeds from the mouth of God." Jesus also said, "I have food to eat of which you do not know... My food is to do the will of Him who sent me, and to accomplish his work." Fasting is a powerful spiritual discipline.

The Discipline of Study

Reverend Foster writes, "Study is a specific kind of experience in which through careful attention to reality the mind is enabled to move in a certain direction." True Parents provide amazing guidance about studying God's word: "I would like to advise you who are studying the *Divine Principle*. I have shed so many tears in discovering the Principle, particularly with the historical figures. ...I not only understood the Principle, but lived it. When I came to the fall of Adam and Eve, I felt as if it were my own business. I felt the sorrow of God to see Adam's fall. I felt Adam's sorrow in himself. It was not Adam's story but mine. I felt the story of Cain and Abel as my own. Through their mistakes, God felt so much sorrow, and I felt the same. So with Noah, Abraham, Jacob, Moses, [and] Jesus. In each event, I put myself in the position of those involved and felt with them, and with God. [In this way,] It is not someone else's history, but my own life."

Foster continues with what he calls "the outward disciplines."

The Discipline of Simplicity

The opposite of simplicity is not wealth. The opposite of simplicity is duplicity. "God made us simple; our complex problems are of our own devising." (Eccles. 7:30)

In Foster's explanation, simplicity means having but one purpose, the Kingdom of God, and letting everything else come into the right order after that. The 19th century Danish philosopher, Soren Kierkegaard, wrote that God "is one thing and is all! So may Thou give to the intellect, wisdom to comprehend that one thing; to the heart, sincerity to receive this understanding; to the will, purity that wills only one thing. In prosperity may Thou grant perseverance to will one thing; amid distraction, collectedness to will one thing; in suffering, patience to will one thing."

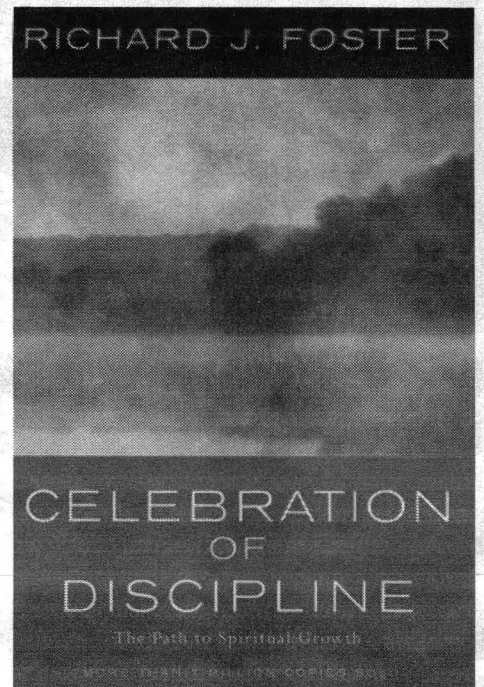
The Discipline of Solitude

Foster writes that solitude is not loneliness. Solitude is a state of mind and heart. There is a solitude of the heart that can be maintained at all times. Crowds, or the lack of them, have little to do with this inward attentiveness. It is possible, therefore, to be a desert hermit and never experience solitude, and to be in the middle of a city and experience it. True solitude, the solitude that does not succumb to loneliness, takes incredible spiritual discipline. True Parents teach deeply on this point when they teach that finding God "will be a time of intense loneliness, but the moment that we become close to our hearts is the time of prayer and meditation. It is a time when we can take ownership over our hearts. When we isolate ourselves from the noise around us and allow our thoughts to settle, we can see into the deepest parts of our hearts. It will take a lot of time and effort to go all the way down to where the heart has settled. It will not happen in a day."

The Discipline of Submission

Foster writes that the obsession to demand that things go the way we want them to go is one of the greatest bondages in human society. In the discipline of submission we are released to drop the matter, to forget it. Almost all church fights and splits occur because people do not have the freedom to give in to each other. Submission, as a spiritual discipline, is "an inner attitude of mutual subordination."

We need to realize and own the understanding that "Our happiness is not dependent upon getting what we want," writes Foster. For example, "If a husband loves his wife, he will live in consideration of her



Richard J. Foster, *Celebration of Discipline: The Path to Spiritual Growth*, 20th Anniversary Edition (San Francisco, CA: HarperSanFrancisco, 1998)

needs. He will be willing to give in to her. He will be free to regard her as more important than his own needs. He will be able to regard his children as more important than his own needs." Submission is a spiritual discipline, leading to spiritual health.

The Discipline of Service

Foster distinguishes self-righteous service from true service. Self-righteous service is serving for the sake of a reward, or to please public expectations, or out of servility. True service is rooted in love and humility. Foster writes, "Nothing disciplines the inordinate desires of the flesh like service, and nothing transforms the desires of the flesh like serving in hiddenness. [The flesh] strains and pulls for honor and recognition. It will devise subtle, religiously acceptable means to call attention to the service rendered. If we stoutly refuse to give in to this lust of the flesh, we crucify it. Every time we crucify the flesh, we crucify our pride and arrogance."

Finally, we have the "corporate disciplines."

The Discipline of Confession

Foster cites St. Augustine "The confession of evil works is the first beginning of good works," and gives his own testimony. Foster spent three evenings writing down, without analysis or evaluation, "anything from his childhood that needed forgiveness, or healing, or both," and then from his adolescence and then from his adulthood. He took these to a mentor, who knew beforehand what was coming, and read it all to him, adding only



those comments necessary to make the sin clear.

"When I had finished, I began to return the paper to my briefcase. Wisely, my counselor / confessor gently stopped my hand and took the sheet of paper. Without a word he took a wastebasket, and, as I watched, he tore the paper into hundreds of tiny pieces and dropped them into it. That powerful, non-verbal expression of forgiveness was followed by a simple absolution. My sins, I knew, were as far away as the east is from the west. Next, my friend, with the laying on of hands, prayed a prayer of healing for all the sorrows and hurts of the past. The power of that prayer lives with me today."

I want to point out, lest the reader fail to note it, the laying on of hands. Laying on of hands is a powerful spiritual healing. I was awakened to God by a brush of fingers on my forehead. In Acts 8:14-17, people who had accepted Jesus and been baptized still had not received the healing of the Holy Spirit. It is recorded that the disciples laid hands on these new believers to bring the healing of the Holy Spirit.

The Discipline of Worship

To worship, writes Foster, is to break into the immediate Presence of God, or to allow the Presence of God to break into my life. It is initiated by God and is our response to the overtures of love from His heart. We are the bride and God is the bridegroom. The usual actions are singing, shouting, dancing, kneeling, bowing, lifting the hands, lifting the face, bowing the head, and more. And it takes place together as a gathered community.

In Unificationism, the worship of God goes beyond the chapel and gathered community into the deepest realms of love in the family. It is through our familial relations of heart that we give our ultimate worship to God. Rev. In Jin Moon, leader of Lovin' Life Ministries,

explained one aspect of family-based worship in her message on Parents Day of 2010:

"As someone who has five children of my own, I realize that I did not truly understand what true love is all about and how much God our Heavenly Parent loves all of us until that very moment when I held my eldest son in my arms. In a sense, the world vanished, and the only thing left was this child and me in an unbreakable bond that exists between a parent and a child: the very bond that we have with God, our eternal Heavenly Parent.

"In that moment when the world disappeared and I gazed into those beautiful eyes of my eldest son, I realized for the first time: 'So this is how much our God, our Heavenly Parent, loves us.' This must have been the very feeling that he felt when he created Adam and Eve. And this must have been the kind of moment that he so enjoyed—the kind of feelings of love and anticipation that come to mind when you look upon something so beautiful. These must have been the very feelings that God had when he gazed into each of our eyes.

"At that moment I came to know for the first time in my life what an incredible blessing it is to become a parent. I realized that by becoming a parent I could finally begin to understand what God's love for us is all about."

The Discipline of Guidance

Foster describes the spiritual discipline of guidance as "instructing the individual through the group experience." This is not private guidance, but a gathering of individuals who are going in the same direction, in fellowship under the rule of God's spirit.

As an example, our True Parents once gave me personal guidance that they adjusted the following day in favor of corporate guidance.

Spiritual Growth & Self Awareness

Jeff Adshead

In *Divine Principle*, the outcome of becoming "fruitful" is to experience joy. This is not a stage to be completed, I believe, but a continual process of discovery and elevation. We can experience at different levels or depths more profound joy as we challenge our current state of spiritual health. To "Multiply and have Dominion" are also gifts to allow for greater experiences of growth and deeper Joy.

The 25 years, I have taught many workshops, started many camps and programs and studied under some excellent teachers. Everything is made of energy and everything is either growing or dying. At the core of God and the Universe is the heart, the reason and purpose for all things to relate and grow. For us to be whole and grow, we must open and fully experience our heart. The reason we have a physical body is to give our spirit the experience of life. If our physical life is so short compared to the eternal, spiritual one, then every experience in this finite life must be cherished.

We are not human beings having a spiritual experience. We are spiritual beings having a human experience. -Teilhard de Chardin

The level of transformation (or spiritual movement) that can take place in our life is also correlative to the level of emotion experienced and expressed. Our emotions are the expression of our vulnerability and authenticity and are the indicator of a shift in our lives. E-motion is energy in motion. To truly "let go" and be real, is a scary place to go.

No one can tell what goes on in between the person you were and the person you become. There are no maps of the change. You just come out the other side. Or you don't. -Stephen King

Too often, we are trained that we should suppress our emotions, hold back the tears, don't make a scene, don't be weak. Don Miguel Ruiz calls this our "Domestication". We become accustomed to the rewards or punishment of good or bad behavior and eventually no longer need outside sources to train us. We begin to hear a voice of admonishment, judgment or comparison within our own subconscious and in a Pavlovian reaction, begin to react instinctually without knowledge of the source.

Imagine entering an outhouse. You recoil at the odor, and you ponder whether your need outweighs your sensitivity. You sit, holding your nose. Eventually you need to breathe and after a few short breaths, start to relax a little and soon get comfortable. After a couple of minutes, it doesn't smell so bad anymore. In fact, you check out the graffiti, maybe even pull out a book, imagining that you're back at home, now having completely forgotten your initial horror. Metaphorically, we've been sitting in our outhouse for many years many centuries, in fact. So used to the smell are we that we can't even imagine anything else. It's not even in our realm of possibility that there could be any other scent or feel. To open the door would shock our system so dramatically that we recoil back into the "known," our comfort zone where we are soothed by the graffiti and the ever-present scent of our precious outhouse.

Shock and pain (emotional distress) are often the necessary elements to break out of our domestication. Thus, we often hear of the value of breaking out of our comfort zone in order to grow. This is a necessary process for our continual growth.

Surveys show that the #1 fear of Americans is public speaking. #2 is death. Death is #2! That means that at a funeral, the average American would rather be in the casket than doing the eulogy. -Jerry Seinfeld

There are many types of fear that hold us back from experiencing real life. Courage is not the absence of fear but of feeling fear and having the willingness to step into it. In our workshops and camps, we create an environment in which participants can, in a supportive environment, step into their fear, let go of their limiting beliefs and expand their comfort zone to encompass greater and greater feats of accomplishment in their life.

It's not about the "thing," the event, the activity, even the people that come into your life. Develop your internal compass to guide you through all 'things' and to see them as a gift and an opportunity.

Our comfort zone doesn't grow a lump as we add a particular activity or "thing" to it (i.e. skydiving or bungee jumping). As we experience the emotions around the activity, it grows in concentric circles to encompass all "things" that would cause that emotion. Thus, as we deepen each experience in life, we become aware that everything that comes into our life is an opportunity for growth, for learning, for deepening.

"True wealth is a state of harmony and wellbeing in every area of life. Jeff Adshead and NextGen Academy understand this, and they have a big vision for youth, and for the world. Using a unique style of highly experiential programs, they help youth put into practice what they learn. As a result, graduates of NexGen Academy leave truly knowing universal principles versus just knowing about them. I highly recommend this training—you'll begin to live in greater harmony, bring your highest intention into reality, and find tools to transform every single area of your life." - James Arthur Ray, Mentor, Philosopher, and New York Times bestselling author of *Harmonic Wealth®* and *The Science of Success*.

For more information or to sign up for our trainings, visit us at:
www.nextgentrainings.com

CONTINUED on page 48

Visual Prayers

The Artwork of Benny Andersson

Susan Osmond

Susan Osmond is a freelance writer based in Washington, D.C. who for nearly two decades was an arts editor for *The World & I* magazine.

Photographs provided by Benny Andersson

Art can be a means to bring both artist and viewer into contact with their original heart of purity and with ultimate reality, and so can be a catalyst for internal healing and cultivating a state of well-being. Today, an increasing number of artists are taking up spiritual themes in their art, many with the avowed intention of aiding in the healing of the world and the spiritual growth of humanity, in addition to furthering their own spiritual search. Benny Andersson has long been at the forefront of this trend, which has come to be called simply "spiritual art."

During the nearly thirty years since he became a fulltime artist, Andersson has developed a unique visionary idiom, creating fantastical vistas where day and night meet, worlds open onto other realities, and rivers of light cascading from towering mountains pour into galaxies. Couples dance in wondrous landscapes, or are circled by protective beings of light surmounted by a brilliant star, while behind them the path to a heavenly world has opened and at their feet a new-born galaxy ripples outward with stars. Here the earthly and the cosmic meet in harmony. In his work, Andersson seeks to offer a portal to spiritual dimensions and to draw viewers into a personal experience of

the ideal or the holy.

Benny Andersson was born in Sweden in 1953. He joined the Unification Church in 1973 and attended art schools in Stockholm from 1974 to 1977. In 1980 he came to the United States and in 1982 took part in the 2075 couples Holy Blessing Ceremony in New York's Madison Square Garden. He and his wife Kyoko have three daughters, ages 22, 20, and 12, and have lived for many years in Bogota, New Jersey. He has been a fulltime artist since 1983.

"Sometimes I feel that my paintings are like visual prayers," reflects Andersson. "In most cases one listens to a prayer. In this case one looks at a prayer."

When asked what he is trying to convey in his work, he replies: "First of all, I like for my paintings to reflect my faith—but in a very open way. I don't want people to feel they are being preached to. I just want them to have an inspiring feeling so they can be stimulated to start thinking and dreaming."

"There is a spiritual realm in my paintings," he continues, "and I work a lot with symbols. Most of my paintings are about the unity of two, the harmony between two." This is most frequently conveyed through images of a man and woman together, or symbols representing the masculine and feminine aspects of existence. Sometimes it is conveyed

through the combination of complementary opposites, such as a landscape of mountains and rivers gilded with golden light interposed with a night sky saturated with stars and spiraling galaxies.

Two large paintings Andersson was commissioned to do for the Cheon Jeong Gung in Korea incorporate other images that have since entered his regular lexicon. The commissioners of the works gave him the themes for the two paintings and also asked him to incorporate certain symbols. "One painting was to be about the ideal in the spiritual world, and the other was to be about the ideal in the physical world," he recalls. "They were to be very calm, harmonious paintings. Nothing too dramatic. They just wanted paintings that would give you a very uplifting, inspired feeling."

He was asked to include certain flowers in these paintings: The rose, symbolic of man, and the lily, symbolic of woman. These are the official national flowers of Cheon Il Guk. Also to be included was the crane, which is the national bird of Cheon Il Guk. "I was told that no bird can fly as high as the crane," he says.

It took Andersson a year to complete these two mural-sized paintings. They now hang in the entry hall of the Cheon Jeong Gung.

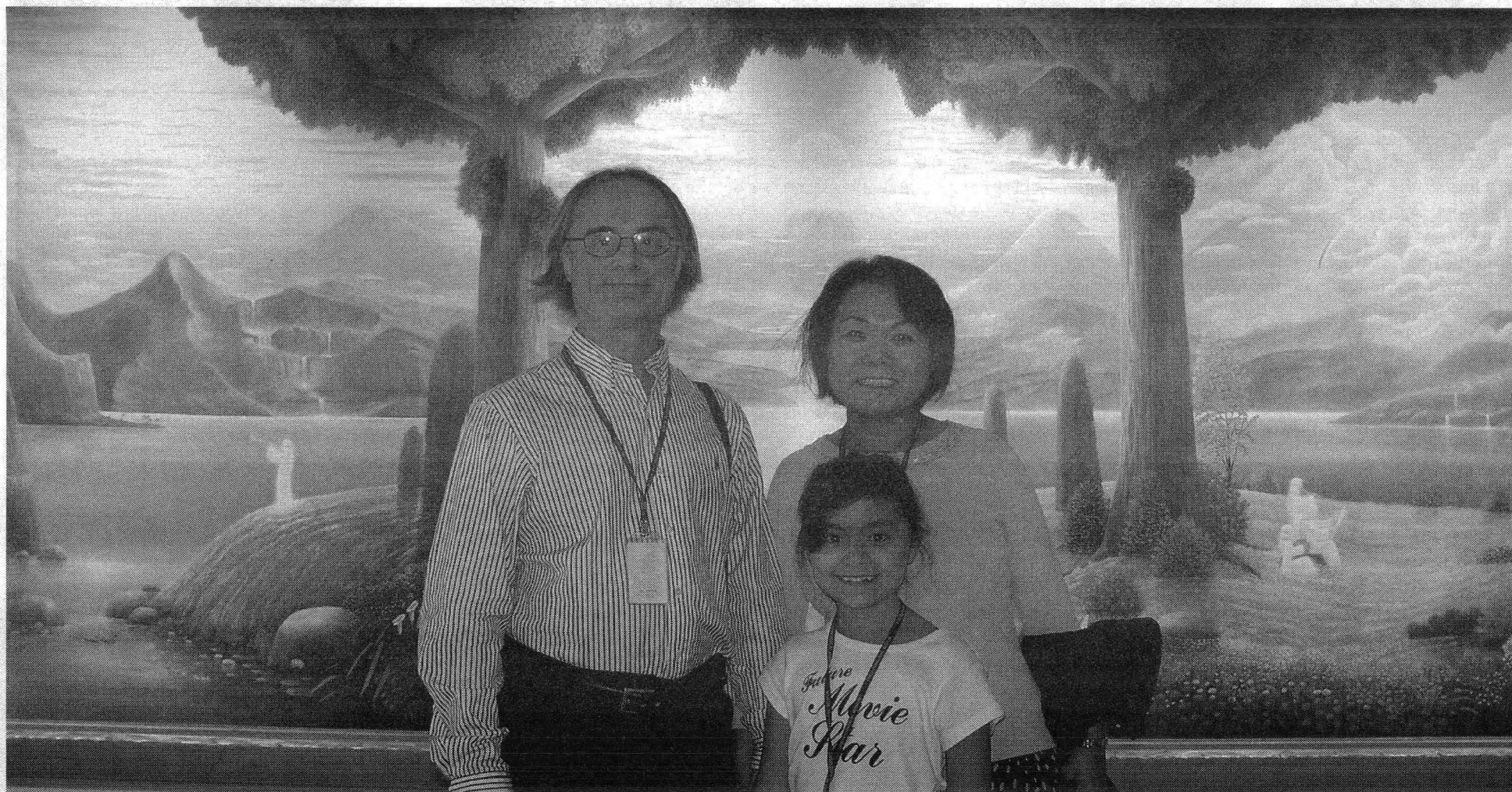
There are a number of other recurring

images in his artwork. His paintings often include multiple planets or moons. "It's a way to convey that we are living in a world that has many dimensions," Andersson explains. "I try to suggest the unlimited and the eternal in my paintings—to lead one's thoughts to the spiritual world and the many dimensions of life. I use the image of many planets to convey this, and also sometimes I make a kind of gateway into another world, which opens into yet another world."

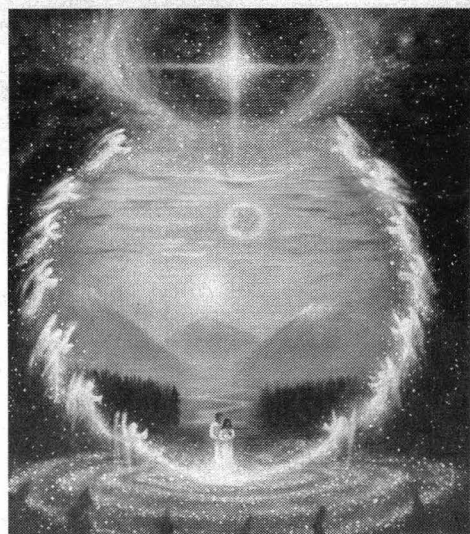
Another recurring image is that of a waterfall of light spilling into the center of a galaxy, the swirling stars of which resemble rings of water rippling outward. "The waterfall symbolizes the water of life that comes from the Source of creation," says the artist. "The living water flows into the middle of a galaxy and then spreads out into all of the creation, imparting life."

The way that Andersson's paintings come into being has some similarity to these life-giving waterfalls. "Most of the time it starts from images I see in my mind," he says. "Any time I sit down and close my eyes, thinking what kind of painting I want to do, images instantly appear like a slide show in my mind. They have always been there, even when I was a child. It's endless."

He continues, "I usually begin from one of these images that are a constant stream



Benny Andersson in front of one of his paintings with his wife, Kyoko and youngest daughter.



Angels of True Love

in my mind, then as I work on the painting I may alter the image in some ways. It's not always that it just flows onto the canvas. It's a process. Even though I see images in my mind, I don't always succeed in putting them on the canvas exactly as I want to. In this situation I might take time off to meditate or pray—or I just keep working at it."

Ideas do not come only from the internal stream of images, however. He notes: "Internal inspiration is combined with things I experience in life—relationships, works from art history, or things in nature. I use them all in my paintings."

"My most important source of inspiration is my wife and family," Andersson emphasizes. "My wife has always been very supportive of what I am doing, from day one. In a way, she is the most important aspect of my life. I like to do work that comes from life experiences. If I do a painting about the harmony between a husband and wife, it comes from how I experience it. So our family is very important to my artwork."

Music is another source of inspiration, helping him get into and remain in the flow when at work on a painting. "When I listen to music," he says, "I get incredibly inspired and moved. It really transports me to another world." He listens to music all the time when working in his studio. "It really puts me in the right mood and I can concentrate and focus in on my painting." He listens to all kinds of music, he says, and has a large collection of recordings, but his favorite is what has come to be called Progressive Rock. Andersson has a number of friends who are musicians, and they tell him the inspiration between the mediums is mutual. "Many people I know who write music tell me that they find inspiration in looking at paintings."

Andersson's original inspiration to pursue a life of painting came from an unforgettable experience he had when he was a boy of about twelve. "I was just completely transfixed by a painting," He recalls. "It was really a kind of religious experience. At the time I didn't know much about how to paint, and I remember thinking—Wow, it must be incredible to make a painting like that. I wish I could do that and inspire people in the same way I have been inspired."

The evidence is that he has succeeded in inspiring people around the world. Andersson regularly gets feedback from people who have



Keeper of Prayer

purchased his artwork. They often tell him how the painting they bought helped in their internal healing or spiritual development.

When asked for examples, Andersson quips that he could write a book on it. One woman who came to an exhibition of his in Japan went immediately to a painting of a boy sitting in a beautiful landscape, and soon tears were pouring down her cheeks. She bought the painting, explaining that her teenaged son had committed suicide. When she later attended another of Andersson's exhibitions, she told him that she felt a continuing connection with her son through the painting, and it brought her great comfort.

Andersson says that numerous times people who have conflict in their homes between husband and wife have bought one his paintings dealing with man-woman unity. Couples later tell him that the painting became a focus for them, a reference and inspiration to improve their relationship. "Fortunately, it seems my paintings have been able to bring some positive energy to these situations," notes the artist, gratefully.

Some Unification Church members have told Andersson that they bought one of his paintings and used it to explain the meaning and value of the Blessing to their children or to other people, who were then inspired to attend the Blessing.

People often use his paintings as an aid to personal growth. There is a company president in Texas who bought one of Andersson's works and hung it in his bedroom. The man later told Andersson that at the end of every day he sits in front of the painting and asks, "Have I been good today?" The painting became a focus for these nightly self-reflections on how well he was following the precepts of Jesus.

A number of professional therapists and counselors have bought Andersson's paintings and use them in their practice. "When they buy the paintings, I have no idea what they are going to be used for," he says. "But later I get e-mails from doctors and psychiatrists who tell me that the paintings have been so helpful in their therapy sessions. I don't know anything about this area. I just paint. I was astonished to hear that my paintings were useful in this way, but very glad."

Recently a painting by Andersson, *Circle of Eternal Harmony* (refer to page 48 to see a




Dances of Heaven

color print of this piece), was one of the works named Best Painting in the online juried exhibition *The Healing Power of Art*. The show is a project of Renée Phillips, the founder and director of *Manhattan Arts International*, and features the work of sixty artists. It can be viewed at www.HealingPowerofArt.org (<http://www.manhattanarts.com/Gallery/BennyAndersson.htm>)

Andersson likes talking to people who come to his exhibitions or who have seen his work elsewhere. He rejoices that each viewer relates to his paintings in a unique way, often perceiving something in them that he didn't perceive himself. "For me it's a very magical moment when a painting can release people's feelings and dreams. That is the most inspiring thing for me as an artist."

In an interview given to *The World & I* some

years ago, Andersson said: "Art can serve to help the human consciousness expand and experience new spiritual spheres, where both the artist and the appreciator of art can experience liberation and healing."

The art of Benny Andersson, created purposefully to uplift viewers and stimulate the inner mind of goodness to renew its hopes and dreams, truly transports us to a realm of eternal beauty, harmony, and peace—a realm that awaits us not only beyond, but within. 

See more of Benny Andersson's paintings at his website:

<http://artofandersson.spaces.live.com>,

or e-mail him at andersson44@msn.com.

Write to artreview@unification.org with your comments on this section.



The Halls of Harmony

Emotional Wellness

A Family Affair

Pamela Stein

Pamela Stein was blessed as an 1800 Couple in 1975 with Dan Stein and lives in Bowie, Maryland. The Steins have four children who are blessed, and five grandchildren. Pam is a massage therapist, wellness coach and is pursuing her creative non-fiction certification at UCLA's online Writer's Program.

Not everyone is aware of the influence in their lives of emotional logic, the underlying feelings that can cause a person to act or behave completely normally from his own viewpoint, but in fact does not make sense to someone else. Emotional logic is especially prevalent in family relationships, where love lessons are first learned. Then layers of feelings, thoughts and behaviors are developed over the years from birth to adulthood, forming the foundation for our individual personalities.

Emotional Logic

We tend to seek relationships in which we feel comfortable, yet we might not be aware of why we are attracted to a certain person. In fact, we are often attracted to people who most resemble our primary caretakers. Do you ever wonder why you sometimes instantaneously trust or do not trust someone? This is where emotional logic comes into play. If we have been hurt while growing up, we have an imprint in our emotional body which, as we grow to maturity, remains there, but we don't necessarily keep the details of the memory in the conscious mind. If we have been loved and cherished as a child by a certain type of person, then we feel glad when we meet someone similar years later. Next time someone walks up to you in the bookstore and says, "Don't I know you from somewhere?" it very well may be you have the look or sound of a past emotional imprint.

For instance, Peggy and Janna both came from families where the dad was gone a lot. Both fathers had successful professional careers which kept them long hours at the office. Although they were able to provide well for their families, they had limited time to spend with their children. When Peggy's father came home from work, although often late for dinner, he spoke with each of his children, giving quality time, showing genuine interest in their comments or stories or problems. He also took time with Peggy when she went to bed, reading a story to her or talking softly in the dim glow of the hallway light.

Janna had a different experience with her father, who was also a good provider and very successful in his career. When Janna's father came home, he often was tired and distracted. He seemed distant at the dinner table, and was not communicative during the evening hours. Janna was unsure how to relate to her father, and often felt lonely around him while growing up.

When Peggy married Jim, she was proud of his success as a lawyer, but she knew that he wouldn't be home a lot. She felt confident

in his love for her, and as the years passed she arranged family time in the evenings around Jim's availability. If Jim was often late for some periods of time, she stayed up for him and made sure that he felt welcomed when he came home and comforted him because he worked so hard. She was proud of him and wanted him to know that she was there for him.

When Janna married Bob, she was excited to have her own home and to be Bob's wife. She was happy that over the years he worked hard and strived to provide for her and their children. When Bob's success made him come home late every night, or he was unavailable on the weekends because of his many client demands, Janna began to feel insecure. She felt left out, and abandoned and then angry. She began to confront Bob with what seemed reasonable to her, "You don't love me because you stay away from our home so much." Bob could not understand what Janna was talking about. How could his hardworking success translate into his not loving her? It didn't make any sense.

Only, it did make sense, from an emotional viewpoint. Inside Janna was the old childhood message that she was not important, that the most important man in her life her father didn't care for her as much as he did his job, and when he was home, that he was too tired to be with her. Janna had feelings of lack: lack of love, lack of value, lack of belonging. She covered up that emptiness with acceptance that she had to be a good girl to stay connected to her parents, and that she

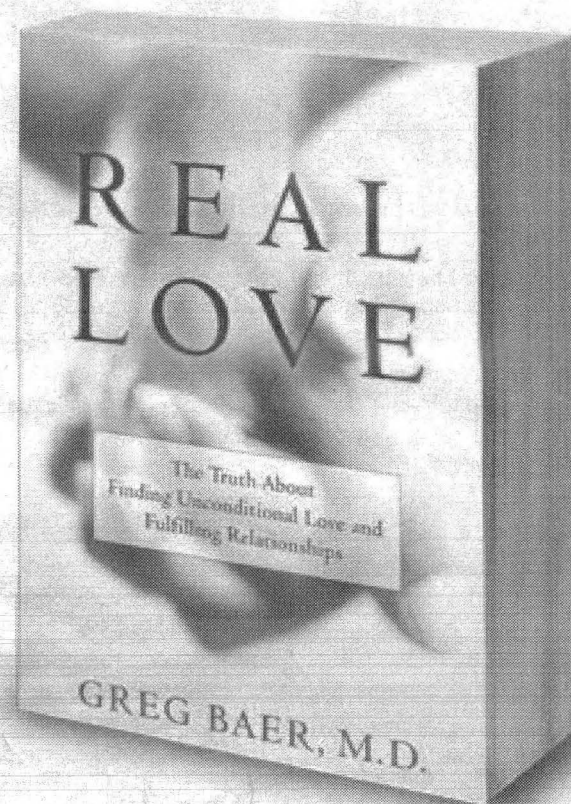
shouldn't bother her father with her distant adoration of him.

But now as an adult, she couldn't bear the feelings of being unwanted and unloved, which were very much alive inside her. So it was logical to her that the reason Bob was spending so much time away from the home meant that his job was more important to him than she was. No matter how much Bob tried to reason with her—and she knew with her own reasoning that he loved her, she couldn't shake the feeling that she was unloved.

Unconditional Love

Dr. Greg Baer states in his book, *Real Love*, "We can't love unconditionally until we have felt unconditionally loved ourselves. We can't give what we don't have." From the way they grew up, Peggy's emotional logic is one of security and belonging, while Janna's emotional logic is one of disconnect and confusion. Based on their emotional health, they each have a completely different game plan for the same situation of the absent husband. Peggy is full and able to give; Janna is empty and fearful, starting a conflict to try and get the love she is missing. Because of her buried pain, she is unable to express herself confidently.

In all unhappy relationships, the real cause of unhappiness is a lack of unconditional love. When our emotional bank account is full, we do not fear situations of lack or inadequacy, but face them with confidence and energy to fill in the gap, also known as cheerful giving.



When we have it, we can give it. If Janna could only experience ongoing unconditional love (not necessarily from her husband), she could fill the emptiness in her heart, heal her past fears and pain, and see the true wealth of her loving husband. Because she would feel full in her heart, she would see that his hard work is his expression of love for her and their family.

The Family is the School of Love

Emotional health is dependent on how much unconditional loving a person has experienced in life, and then is able to generate towards others. The family is the school of love and is the perfect fertile soil to experience all the different stages of love from birth to adulthood. The family that is created with God as a member offers an exciting journey for emotional growth.

It is the family that holds the key to the power of healing past hurts, the power to create new and happier memories every single day, and the power to realize a prosperous and love-healthy future. It takes skills and thoughtful intention to create emotionally healthy people, and there is no better school or teaching institute than the God-centered home and family that we are each divinely entitled to create during our time on earth. It is, in essence, our purpose in life.

True Parents teach about the Four Realms of Heart. Growing through the four realms of heart occurs by (1) receiving unconditional love as a child; (2) learning the politics of relationships through sharing and negotiating with siblings and peers; (3) creating conjugal love with an eternal spouse to create a new family; and finally (4) becoming parents and grandparents who resemble the full creative heart of God, able to love unconditionally and multiply happiness to create a world of peace.

Creating a true family for God is the great holy work of our faith, for this is where God lives, and this is our destiny. Now is the best time possible to invest in our emotional health. Tending to our emotional wellness is a priority in all that we do each day, and is paramount to a heavenly, peaceful world.

For more information on resources, classes, and small-group programs, contact Pam Stein with Coach4Life, plstein@gmail.com.

Write to DOU@unification.org
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Health and Wellbeing Through Meditation

A Couple's Journey

Michael Lamson

Mike Lamson is currently the District Director for LOVIN' LIFE MINISTRIES in District 6. He lives in Columbus, Ohio with his wife and two children.

Photographs provided by Mike Lamson

Each year my wife and I go somewhere together for a week or two. This allows us the opportunity to focus on each other without the distractions each day naturally brings. We both believe that a healthy relationship between husband and wife is the key to a healthy life, physically and spiritually, but making this a reality is a difficult path.

Last year we went to Hawaii and stayed with friends for two weeks. No phone, no internet, just beaches, snorkeling, sleeping, eating and being with each other.

This was an amazing experience which I highly recommend, but it was just a step towards a healthier relationship.

This year we decided that we needed some tools that could help us become better people, deal with the day-to-day difficulties, and look at these difficulties with a healthier outlook. We decided to explore meditation. I researched different techniques and methods and chose *Vipassana*.

Vipassana, which means, "to see things as they really are," is one of India's most ancient techniques of meditation. It was rediscovered by Gautama Buddha more than 2,500 years ago and was taught by him as a universal remedy for universal ills, or "The Art of Living."

I liked this technique because its purpose is not to convert or promote a religious theology (we already have those bases covered); rather, its goal is happiness, healing and the eradication of mental impurities. I liked the fact that it did not use visualizations, chants or controlled breathing but focused on natural breathing and self-observation.

In the meditation sessions we experienced *Vipassana* as a way of self-transformation through self-observation. It focuses on the deep interconnection between mind and body, which we experienced directly when we focused on the physical sensations that form the life of the body, and that continuously interconnect and condition the life of the mind. It was explained that it is this observation-based, self-exploratory journey to the common root of mind and body that dissolves mental impurity, resulting in a balanced mind full of love and compassion.

Through the meditation sessions, our thoughts, feelings, judgments and sensations became clear. We relived some painful past experiences and let them go. We could understand more deeply how we grow and regress, how we produce suffering or free ourselves from suffering,

and how our reactions to life around us determine everything. This, of course, was a powerful experience, as it gave us ownership even over things we cannot control.

The technique is taught in a ten-day course. We decided to attend the course in Illinois. The retreat center was beautiful, with clean, single rooms with bath and amazing veggie meals. We attended with around 30 other people. Everyone followed a prescribed code of conduct (no talking, cell phones or internet for 10 days), learned the basics of the method, practiced sufficiently (11 hours a day), and experienced beneficial results.

The course did require hard, serious work. There were three steps to the training. The first step was, for the period of the course, to abstain from killing, stealing, sexual activity, speaking falsely, and intoxicants. This simple code of moral conduct serves to calm the mind, which otherwise would be too agitated to perform the task of self-observation (this was an easy one for us).

The next step was to develop some mastery over the mind by learning to fix our attention on the natural reality of the ever-changing flow of breath as it enters and leaves the nostrils. We did this for three days and it was amazing to experience.

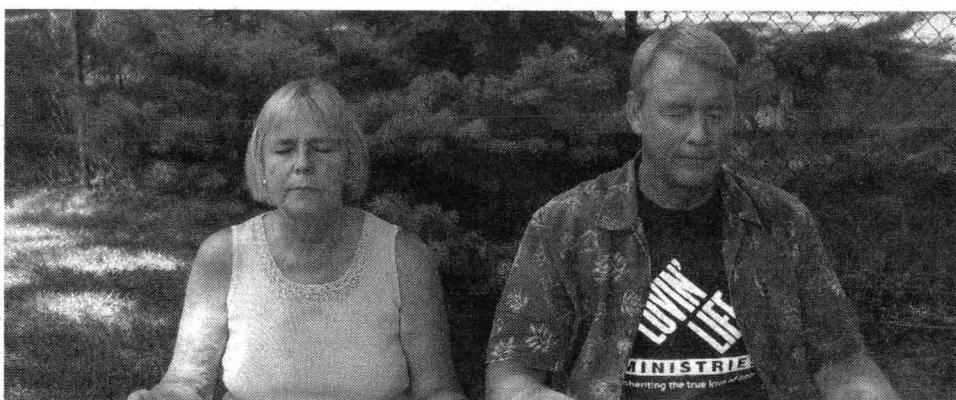
On the fourth day our minds were much calmer and more focused, and we were able to start the practice of *Vipassana* itself: observing sensations throughout the body, understanding their nature, and developing equanimity by learning not to react to them. This was truly liberating. We could feel the energy flowing from the top of our heads to the tip of our toes, really a whole new reality. During the next few days we had so much energy that we did not need sleep or COFFEE. This helped me understand how True Father and Hyung Jin Nim can go with so little sleep.

As we learned the technique and practiced not reacting to sensations in our body, it became easier not to react to sensations coming from outside as well. The teacher explained that our reactions to the world around us often form bad habits that define who we are. Things like how we respond to criticism, rejection, failure and other things create wired-in negative responses. Practicing *Vipassana* helps us to not react and by not reacting those past negative experiences can be released and dissolved, allowing us to live a happier, healthier life.

The entire practice is actually a mental training. Just as we use physical exercises



Vipassana session



Mike Lamson and his wife meditating



Dhamma Hall


to improve our bodily health, *Vipassana* can be used to develop a healthy mind.

The coolest part of this is that it is all free. Because it has been found to be genuinely helpful, great emphasis is put on preserving the technique in its original, authentic form. It is not taught commercially, but instead is offered freely. No person involved in its teaching receives any material remuneration.

There are no charges for the courses not even to cover the cost of food and accommodation. All expenses are met by donations from people who, having completed a course and experienced the benefits of *Vipassana*, wish to give others the opportunity to benefit from it also.

Of course, the results come gradually through continued practice. It is unrealistic to expect all problems to be solved in

ten days. Within that time, however, the essentials of *Vipassana* can be learned so that it can be applied in daily life. The more the technique is practiced, the greater the freedom from misery, and the closer the approach to the ultimate goal of full liberation. Even ten days can provide results that are vivid and obviously beneficial in everyday life.

I can testify that through *Vipassana* my life is better, the way I view the world and all it sends my way is healthier and more positive, and my relationships are deeper. I am able to focus and control the thought trains that previously hijacked my mind every 30 seconds. I see my wife as my life partner and have rediscovered a passion and love in our relationship that empowers me to serve God and others. We needed more, and we found it. 

Yoga Your Way to Wellness

Interview with Kyung Sook Strater, Yoga Instructor and Natural Healer

Interviewed by Athia Shibuya

Athia Shibuya is currently interning at Unification News. She is 19 and lives in Westchester, New York with her family.

SHIBUYA: What do you mean by natural healing?

STRATER: Have you heard of reiki? It's a healing practice using energy.

SHIBUYA: So that's what you do for a living, yoga and reiki?

STRATER: Yes. It's my livelihood and my joy.

SHIBUYA: How many years have you been doing yoga?

STRATER: I was introduced to yoga when I was in college. I attended a training session at a mountain retreat. But what with life changes, I stopped practicing for a while. After my children started going to school, I started up again. I've been practicing for about twenty years now.

SHIBUYA: How and why did you get into yoga?

STRATER: Good question. At the time when I started, I was really struggling in my spiritual life. I had a really dedicated prayer life but somehow I felt more separated from God. Whenever I made an effort to become closer to God, I just ended up feeling farther away. Anyway, I got depressed and sick, and when you're sick, your spirit is very low. Your mind and body have no power. So at that time, I decided I wanted to enhance my connection to God. That kind of desire somehow connected me back to yoga.

SHIBUYA: How were you introduced to yoga at first?

STRATER: As a college student, I wasn't serious about yoga. I just had a lot of curiosity. All those kinds of things I tried out in college I treated kind of like an adventure. But after I got sick, I was desperate. It was like a life or death situation for me. I wanted to be spiritually mature and I wanted to feel oneness with God before I died. So I searched in many ways and found a book introducing me to yoga. The book said: "The Divinity Inside of You". It awoke something within me. It really inspired me. So, from that time on, I did yoga. Father always says to achieve mind-body unity, but that is really hard for me. Mine were always separated. But yoga somehow connects the two through breathing, posture, etc. Yoga is like a bridge connecting my body and mind.

SHIBUYA: So, is that what appealed to you? How to reach mind-body unity through yoga?

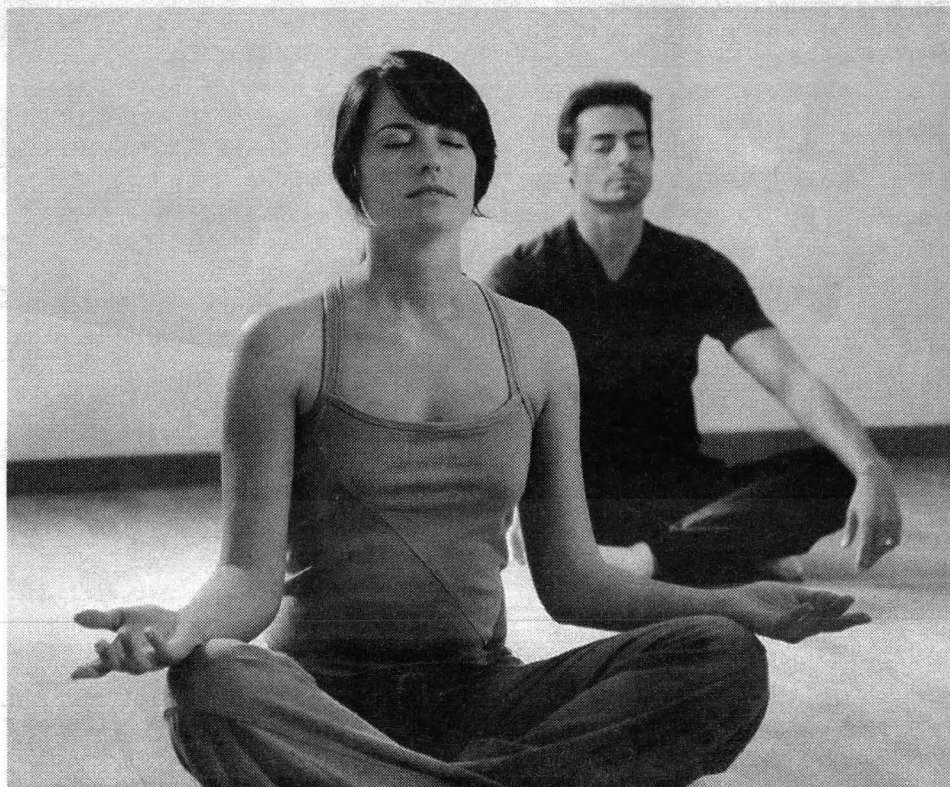
STRATER: Within a short period of time, yoga made me really strong so I could keep practicing mind-body unity not only during yoga, but in my daily life.

SHIBUYA: What are the different physical and spiritual aspects of yoga?

STRATER: Before, I really didn't like any kinds of exercise. Some people are very energetic and have to move, but not me. I don't like any sports and I always make excuses not to play sports. I don't like to get sweaty. I was kind of a lazy person. But yoga made a difference. Before, I thought my body and mind were very far apart. But the more I practiced yoga, the more they seemed not so separate. Yoga makes them connect. It makes your body reflect your mind. You become spiritually happy.

SHIBUYA: Does yoga help with emotional stress, like anger or depression?

STRATER: It's interesting that even without being aware, your emotions go into your body. Even if you no longer feel anger or whatever, the energy from that emotion stays inside your body. That's why if you have too much stress, it sustains within your body and many times can turn into an illness. Because that energy doesn't know where to go, it stops there and grows. Therefore, circulation is very important. Through exercise, through breathing, you can really connect your mind and emotions. You can release the negative energy; it's like cleansing. Our body organs are connected to positive and negative energy that is created by our emotions. For example, fear and confidence are connected to your kidneys. Anger and generosity connect to your liver. Sadness and joy connect to your lungs, and your heart is connected to love and hatred. All your emotions connect directly to your organs. Many times, our organs are really a reflection of our emotions. By releasing your emotional stress, you become happier. And it revives your organs.



SHIBUYA: Does yoga have any healing benefits for those with medical illnesses?

STRATER: Yes. Our body has a natural healing system. Even without medicine, our body can somehow cure itself. Actually we have 4,000 to 5,000 cancer cells within us all the time even if we don't have cancer. When someone has cancer, the result is a weak immune system. With positive energy, your brain produces good hormones, which awaken your white blood cells. When you practice yoga, the positive energy in your body awakens your immune system and you naturally get healthier.

SHIBUYA: What about people with mental disabilities?

STRATER: Yoga can't cure everything, but definitely by repeating the same exercise over and over, something simple and basic, it can awaken brain cells. It takes time but you can see improvement. I have experienced this.

SHIBUYA: So you have experienced this with people?

STRATER: Yes. I do personal sessions for someone who needs special care.

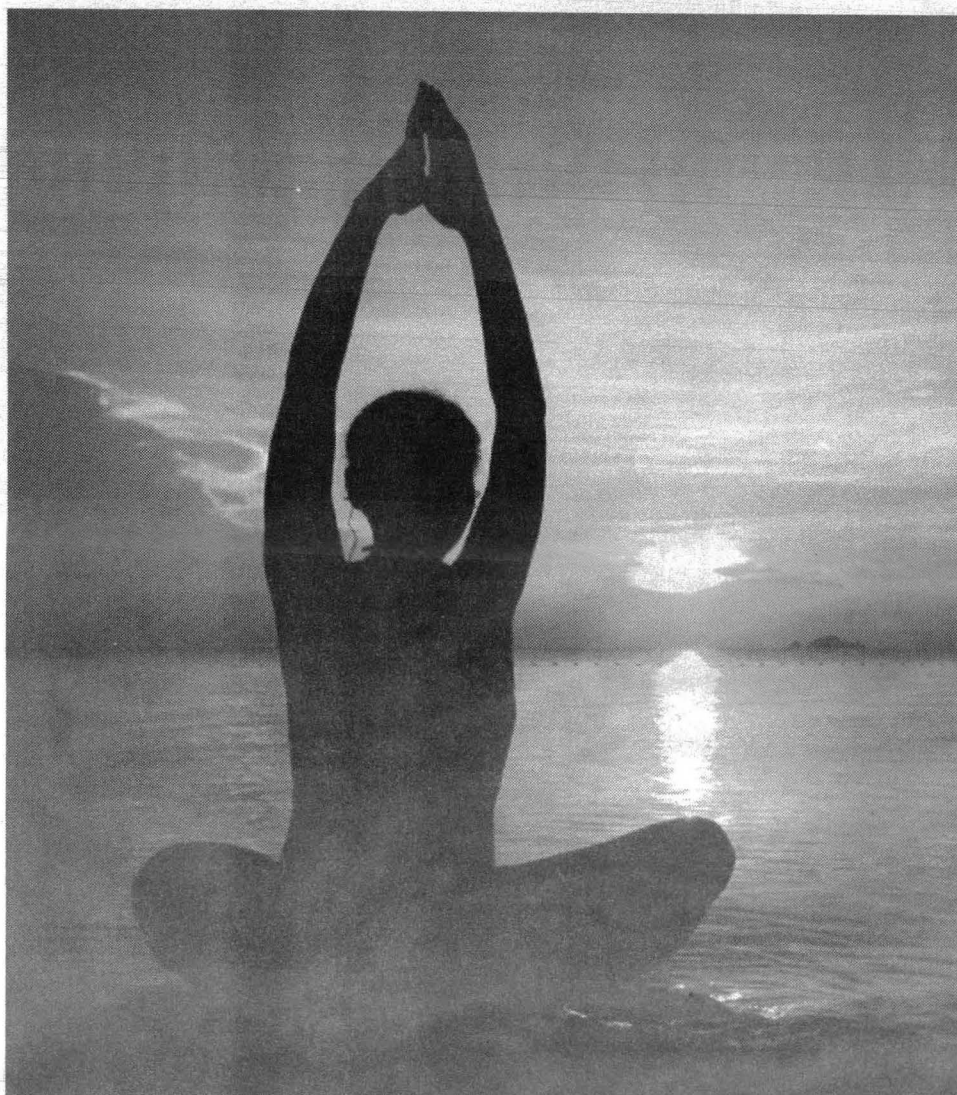
SHIBUYA: How has yoga helped you in your own health, or everyday life or life of faith?

STRATER: When I first started practicing yoga, my body was so weak and everything was painful. I had zero energy. All my joints were in so much pain. But even though I felt so much more pain than ever before, spiritually my mind felt much more free and powerful through yoga. It was like nutrition from heaven. So, even though my body was miserable, right away I felt spiritually awake. And eventually my mind and body grew and met together. That is my experience.

SHIBUYA: So it helped with your health and depression and your relationship with God?

STRATER: Yes, and with my relationship with other people. We always say love other people and live for the sake of others. I don't know about other people, but it's not easy for me. Before, I wanted to grow only through prayer and living for the sake of others. These external conditions I thought would make me a better person. I guess I did spiritually grow. But I felt like I was stuck in a circle. I would grow a little, but then repeat the same thing. At that time,

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I didn't want to see myself. There were so many disgusting things inside of me. Of course I have an original nature, but my fallen natures are also within me. I pretended that part didn't exist. That's why when I helped others, it was in a more external sense. But yoga made me look inside; it made me see myself more clearly. Once I understood myself, I was able to better understand and love other people more naturally and without effort.

SHIBUYA: How do you fit yoga into your daily schedule?

STRATER: I like practicing in the early morning because when the sun goes down, my body's energy goes down. It's so beautiful and perfect for meditation. I like to stay by myself as I appreciate all of nature. I practice meditation with all creation through gardening. I teach other people yoga and do my healing.


SHIBUYA: Do you have any advice for those who are interested in yoga?

STRATER: There are so many different styles of yoga. Each person has different ideas and experiences. Some people really focus on the power of their energy, and some people focus on their posture. People have many different preferences so if you're interested, you can research those different ways. Find what your style is, what you like most. You have to find your own way to be happy. You don't want to suffer doing yoga. You have to find what brings you joy. We are all different so we must search. But for beginners, I recommend beginning with breathing. Breathing is very important. Without knowing it, we are breathing constantly. When you're aware of breathing in and out, and of your body's reactions, it makes all the difference. This kind of practice is really a beautiful journey. Just calm down, and center yourself. Yoga is not really difficult. If you feel you want to stretch, then stretch. Perfect posture is not really what you're looking for. The process is more important than posture and being aware of each moment. That is what I think yoga is.

SHIBUYA: Do you have your own classes that you do, that other people might want to know about?

STRATER: Yes. I teach a free class for seniors and I also do individual special-care sessions. I don't have my own center. When I was young, I worked so hard but now I like to have more freedom. I am more flexible now and I can schedule sessions for those who are interested.

SHIBUYA: Well, thank you very much, Mrs. Strater.

STRATER: My pleasure, I enjoyed the interview with you. 

Write to DOU@unification.org
with your comments on this section.

To schedule sessions,
email ks1113a@msn.com or call (914)
472-8347


10 Reasons Why You Should Try Reiki

Contributed by a Reiki Enthusiast

The reason I decided to try reiki was because I was unhealthy. I was tired, I had lost a lot of weight and muscle, and I had nowhere else to turn. Aside from trying things like herbal cleanses (which did help), I had nowhere else to turn. Western medicine only masked my symptoms; therefore I felt like it was not right to turn to it. Also being a lover of all that is natural, I did some research about how to heal yourself and I came across a book on reiki.

I found a woman online who has been attuning people to reiki for a long time and I decided to attend one of her workshops. "Attuning yourself to reiki" just means opening yourself to the energy you've been so closed off from. Depending on which type of reiki attunement you receive, there are different levels. This particular one takes three attunements. Now it is not necessary to have the attunement; it's like a boost. With regular meditation the connection to the universal energy can become stronger and can be controlled and accessed. The attunement is more of a boost to help you channel the energy faster.

If you are willing and feel you are open-minded and would like to try something different to improve your health, I strongly suggest you attune yourself to reiki and let the healing begin.

1. Detoxes your body by opening your energy channels, allowing your physical body to function better.
2. Allows one to receive benefits while healing others, so it's always a win-win situation.
3. Virtually effortless: just open your mind and believe and it shall come. There is not too much physical effort; it's mostly mental work, your intent to heal. Just think it and be open to it.
4. Reiki will open your mind to other new things that you might have thought of before such as meditation, appreciating nature, developing our natural psychic abilities, etc.
5. There is no limit to how reiki can help you: from a simple cold to relationship issues, global problems, etc., both concrete and abstract.
6. Plus you know if it's working because you can feel the energy and you'll notice changes physically and mentally. For example, you might be sleepy at first so your body can sleep and heal.
7. The best thing about reiki is that you can not only channel the energy to other people but you can also give reiki to yourself! And you're not using energy from yourself. You are just a connection to the energy just floating around out there, the natural energy of the universe from living things (animal or plant).
8. We're all unhealthy beings. Since we live in this world where we've been closed off from the natural flow of things, we are unable to absorb the natural energy of the universe.
9. What do you have to lose? Try something new. Using your mind to imagine energy from the universe flowing through your body is not difficult. And no one will know you're trying it except you. (Human beings are meant to be spiritual and nature-like beings. Reiki, Chi gong, etc., whatever you choose to call it, is only channeling the energy the universe has already provided for you to absorb.)
10. Reiki completely put my body in a state that allowed me to regenerate and be healthy and happy. 

Plant-Based Diet

Chiyun Breland

Chiyun Breland is a second-generation unificationist living in Bridgeport, CT. Recently graduated from college, she is interested in helping provide advice on health benefits, detractors of certain foods, and how to incorporate a more healthy lifestyle into one's daily activities. She invites you to browse her website at: <http://websites.integrativenutrition.com/CBreland/index.aspx>

There are so many benefits to eating a plant-based diet. Physically and emotionally it keeps you balanced, centered, and your energy flowing smoothly. In contrast, a diet based on the constant swing between meat and sugar can leave you feeling exhausted and constipated. That kind of diet just doesn't have the minerals and fiber your body needs for great health and functioning.

In America we tend to have the concept that food is just to fill you up and taste good. Our basic health concern is not eating things that are going to make us fat. For vitamins and minerals like calcium, iron, and B vitamins, we look to supplements since we have heard that food can never supply enough of those things anyway. It may be true that our diets need supplementation, since many of our soils are depleted. However, that is not to say that we shouldn't focus on food as a main source of those nutrients.

Not only do we tend to not recognize the benefits of a plant-based diet, we don't know how to eat one even if we wanted to. If there's no meat on the table, people will ask, "What's for dinner?" If you tell your family that you've become a vegetarian, they may look at you a little doubtfully and say, "So you eat... salads?", thinking, how could anyone survive on a diet like that?

In my opinion, a plant-based diet is the pathway to optimum health. It means that the majority of foods you eat should be grown, not killed. These include foods like whole grains, fruits, vegetables, beans, seaweed, and nuts. Fish is also a lighter protein source than meat, with more health benefits and less saturated fat.

Since our culture's concept of food revolves around the meat on the table, it takes some education and exposure to different ways of eating to understand how a plant-based diet would actually work. The next time you want to go out to a restaurant, experiment by trying another culture's food. Some good ones are Japanese, Indian, and Middle Eastern. Many cultures make delicious, satisfying meals with no meat, or with meat as a side dish or condiment.

One reservation people have about not relying on meat as their main protein source is the concern that if there is no meat in a meal, they will not get full. They argue that you can eat all the broccoli, brown rice, and potatoes you want, but you will still walk away hungry because those things aren't "substantial". It is true that the energy in plant foods is not as concentrated as in a slice of roast beef or a leg of chicken. However, after some experimentation you realize that it is quite possible to get full on a meal with no meat. It just means you have to eat more vegetables, whole grains, and plant sources of protein. Sounds healthy, doesn't it?

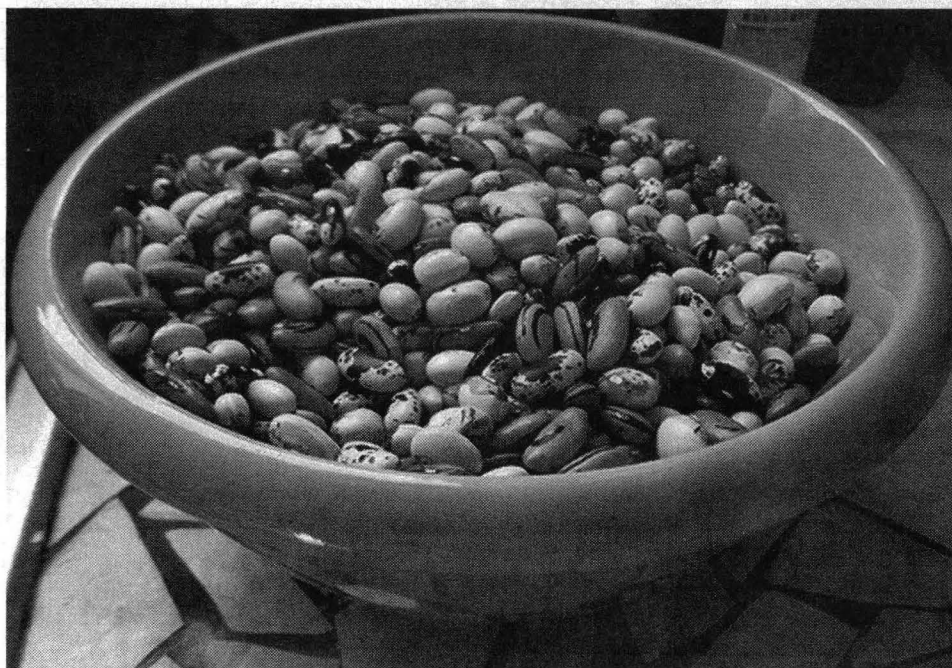
You need to consider how much you really need the concentrated energy of meat. In small quantities, meat is strengthening. But eaten in excess, it taxes the body and leaches vitamins like calcium from it. The point is to eat meat purposefully, when you really need it. It shouldn't be just the default food choice that we eat every breakfast, lunch, and dinner because that's what we're used to. That's when it can cause health issues. It's a good idea to take stock of your meat-eating patterns and see how much you really need, then eat as little as possible. Another point to consider is how much grains and water went into feeding the animals that we consume. If the whole world ate as much meat as America, it would wreak havoc on our environment. Heavy meat-eating just isn't environmentally sustainable.

If you decide you want to transition to a plant-based diet, you will need some other protein sources besides meat. Some to try are tofu, beans, natto (fermented Japanese soybeans), and whole grains. Here's a good way to experiment. If you are a regular meat eater, try eating some of these other protein sources in addition to your normal meal, and then cut back on the amount of meat you're eating. This is an easy, non-deprivational way to cut the amount of meat you eat in half. You may find that your digestion flows more smoothly, you have more energy, and crave less sweets. Since meat is so heavy, it often leads one to crave sugar as a way to lighten things up and restore balance in the body. If your diet is already balanced, you'll have less cravings for unhealthy snacks and desserts.

If you are new to whole grains, one I would like to recommend is quinoa. This grain dates back to the Incan civilization, and is credited with keeping their armies strong and resilient. It is high in fiber, protein, iron, calcium, and antioxidants. It includes all the essential amino acids and is a rich source of lysine, which aids tissue growth and repair and supports the immune system. It is also an excellent grain for breastfeeding mothers.

One of my favorite ways to eat quinoa, and a great way to introduce it to your family, is to mix it into a batch of white rice. Add one cup of quinoa to two cups of white rice. Rinse the mixture well in warm water (this will remove quinoa's bitter saponin coating, which acts as a natural deterrent to birds and insects). Then cook it in the rice cooker the same way you would cook three cups of white rice. I love using red quinoa, and the rice comes out speckled with the beautiful red grain, adding crunch and color, as well as great nutrition, to your normal pot of rice.

Another great protein source is beans. Not only are beans cheaper than meat, they are also



A Simple Pot of Beans

Adapted from *Super Natural Cooking*

1. Rinse beans thoroughly.
2. Place 1 pound of dried beans in a large, heavy pot and add enough water to cover by a few inches. Leave overnight or at least 5 hours. Soaking the beans will speed your cooking time and impart a beautiful fullness to each bean. It is also credited with leaching out some of the indigestible sugars credited with causing gas. Smaller beans like lentils, yellow or green split peas, black-eyed peas, mung beans, and aduki beans do not need to be soaked.
3. After soaking, drain the beans and discard the soaking water, then add fresh water in an amount roughly double or triple the volume of the beans. Chop half an onion and toss it in. If available, add a stamp-sized piece of kombu seaweed for every cup or so of beans (this imparts minerals and makes the beans easier to digest). Bring the pot to a simmer and cook until tender. Depending on the type of bean and its freshness, cooking time can range from 45 minutes to a couple of hours. Sample regularly to gauge doneness.
4. Season with salt in the last 15 to 20 minutes of cooking time, when the beans are nearly ready. This gives them enough time to start absorbing some of the salt but won't cause the skin of the bean to seize up and resist absorption of water, which results in tough beans. It's not a good idea to add salt or a salty stock earlier in the cooking process. Enjoy your pot of beans on their own, or incorporate them into your favorite bean-friendly recipe.

Makes about 2 1/2 cups.

Beans freeze very well. Make a big batch and freeze the extras in small containers. This gives you a chance to get accustomed to eating them slowly, without feeling you have to finish the whole pot in a few days. They are also a great staple to have on hand, to add to soups or salads, mash and put in burritos, or make a meal of with rice and vegetables.

rich in protein and complex carbohydrates, high in fiber, low in calories, and contain calcium, iron, and other nutrients. If you experiment with them, I think you'll discover that they are delicious as well. Canned beans are fine, but it's also worth the investment to cook up your own.

Write to DOU@unification.org
with your comments on this section.



Considering "Going Vegan"?

Well, if you hadn't, here are Ten good reasons why you probably SHOULD...

1. Manage Your Weight: How do vegetarians stay so thin? And they do. While two thirds of dieters will gain all the weight back within a year, and 97 percent will gain it back (and more) within five years, people who simply changed to a vegetarian diet lost an average of 24 lbs in the first year and kept it off five years later (shown in studies conducted with Preventive Medicine Research Institute in California 1986-1992). Surveys also show that meat-eaters have three times the obesity rate of vegetarians and nine times the obesity rate of vegans, and vegans are 10-20 lbs lighter than meat-eating adults on average.

2. Live Longer: By switching to a vegetarian diet, you will add close to 13 healthy years to your life (Michael F. Roizen, MD, *The Real Age Diet: Make Yourself Younger with What You Eat*). That means more energy, a better immune system, and a longer life: a study by the German Cancer Research Center showed that a vegetarian lifestyle reduced the risk of early death by 50 percent in men and 30 percent in women.

3. Prevent Poor Health: Heart disease, cancer and strokes are the three leading causes of death in the United States. Fortunately, preventing these illnesses can be as easy as changing to a vegetarian or vegan diet. According to the Journal of the American Dietetic Association, vegetarians are 50 percent less likely to develop heart disease, 40 percent less likely to develop cancer and have significantly lower rates of blood pressure, cholesterol and hypertension than their meat-eating counterparts.

4. Avoid Food-borne Illness: According to the Food and Drug Administration, meat, poultry, fish and seafood are frequently involved in the 76 million cases of food-borne illnesses, the 325,000 food-related hospitalizations and the 5,000 food-related deaths reported in the United States each year.

5. Reduce Your Carbon Footprint: Your "carbon footprint" is a measurement of the amount of greenhouse gasses you produce in your lifetime (based on how many fossil fuels you've used for electricity, heating, transportation, etc., both directly and indirectly). Greenhouse gasses trap heat in the air through the greenhouse effect, thus contributing to global warming. As a meat-eater, you are indirectly creating greenhouse gasses by supporting animal agriculture; on average the meat-eating American will have a carbon footprint measuring 3.57 tons per year. Meanwhile, people who simply choose not to eat meat will reduce their carbon footprint by one ton and vegans will reduce this amount by 2 tons (*"Diet, Energy, and Global Warming," 2006*).

6. End World Hunger: 16 lbs of grain and 5,000 lbs of water are required to produce just one lb of animal flesh. If everyone decided to become vegan, there would be more than enough food to feed the entire world and the competition for grain, land and water between wealthy meat-eaters and the world's poor would diminish (*Compassion in World Farming Report*). Resources that could be used for helping human beings are instead being put towards producing animal meat to satisfy a craving.

7. Support Workers' Rights: One in every three slaughterhouse workers suffers from injury or illness each year (U.S. Department of Labor's Bureau of Labor Statistics). However, many of them avoid reporting injuries for fear of being fired. Slaughterhouses are known for exploiting America's poor, illegal immigrants, and children: people who can find no other work. In 2002, employees involved in animal agriculture made 24 percent less than their counterparts in other factory jobs (Human Rights Watch) and processing plants were known to take unlawful deductions from paychecks, not pay overtime, and falsify logged hours (U.S. Department of Labor, "Poultry Processing Compliance Survey Fact Sheet").

8. Save Animal Lives: By switching to a vegetarian lifestyle, you can save over 100 animals every year. These animals are crammed into windowless cages, crates, and sheds. They are raised on drugs to keep them alive in conditions that would typically kill them, and to fatten them up while simultaneously feeding them less. They have none of the legal rights to protect them from cruelty that dogs and cats have although they are no less intelligent or capable of feeling pain.

9. Stop Pollution: The fecal run-off from factory farms pollutes our waterways more than all other industrial sources combined (Environmental Protection Agency). The animals that we eat produce 130 times more excrement than the entire U.S. population, and this waste is 160 times more dangerous for the environment than human waste, as well (John Lang, "Manure Proves to be Massive Environmental Problem"). The chemicals, bacteria, and parasites in animal feces ruin ecosystems, contaminate soil, kill wildlife, and cause countless illnesses among people who live near these farms.

10. Can You Name 10 Good Reasons for Eating Meat?

**20TH ANNIVERSARY OF
7.1 JEOL HOLY DAY & 14TH
ANNIVERSARY OF
7.8 JEOL HOLY DAY**





The Third Temple of Jerusalem

An explanation of Reverend Hyung Jin Moon's words on the building of the Third Temple of Jerusalem

Tossa Cromwell

Tossa Cromwell is a Korean-English translator/interpreter and a contributing website editor for Unification Church USA

It's important that we understand that the Completion-stage Cheon Bok Gung, which our movement is working to build centering on our International President, Rev. Hyung Jin Moon, is not some effort to emulate the so-called megachurches of the world. Cheon Bok Gung, in Father's own words, is to be a foundation to substantiate Cheon Il Guk by January 13, 2013, and it is to complete the Abel UN providence. Moreover, Father said that all peoples around the world should consider this their greatest responsibility and work together for its completion.

Moreover, our international president explains that Cheon Bok Gung will be God's Third Temple, and a rallying point for humanity's long-cherished desire for world peace. In this article, I will attempt to illuminate the meaning of the Cheon Bok Gung as God's Third Temple.

We know that there were many cases in which people received the Blessing or took Holy Wine without knowing what it was or without faith in True Parents (beyond the faith that they were being given something good and perhaps that it came from Reverend Moon). In this way, True Parents were able to spread the Blessing and eradicate the original sin from millions and perhaps billions of the world's people. This was an incredible victory in the late 90's.

Although the Blessing (or Holy Wine) may cleanse the original sin, there is yet much hereditary, collective and personal sin, which we can confirm just by engaging in conversation with someone on the street, watching TV, or even looking into our own hearts. In order to cleanse all types of sin, church members willingly have gone through indemnity courses and followed leaders through the wilderness course and even now during the transitional age between the wilderness course and the time of the great settlement of God's Nation of Cheon Il Guk.

It would appear that Cheon Bok Gung is to be a visible manifestation of the Unification Faith, out in plain sight in the middle of the Korean capital, the external partner to the internal holy grounds established in Cheong Pyeong. After True Parents' passing, it will represent their eternal external manifestation on the earth, and it will be one of the most precious holy sites in the world because it will have been built during True Parents' life on the earth, and at their spoken direction.


There have been many church centers, church buildings, holy grounds and other sites built by our movement, but we have never built a temple before. As in the example of the Growth-stage Cheon Bok Gung (For an explanation on the Growth-stage Cheon Bok Gung, refer to the May-June 2010 double

issue of Unification News, page 32) this is a temple that will honor not only Unificationism, but also the other great religions of the world, Christianity, Buddhism, Confucianism and Islam.

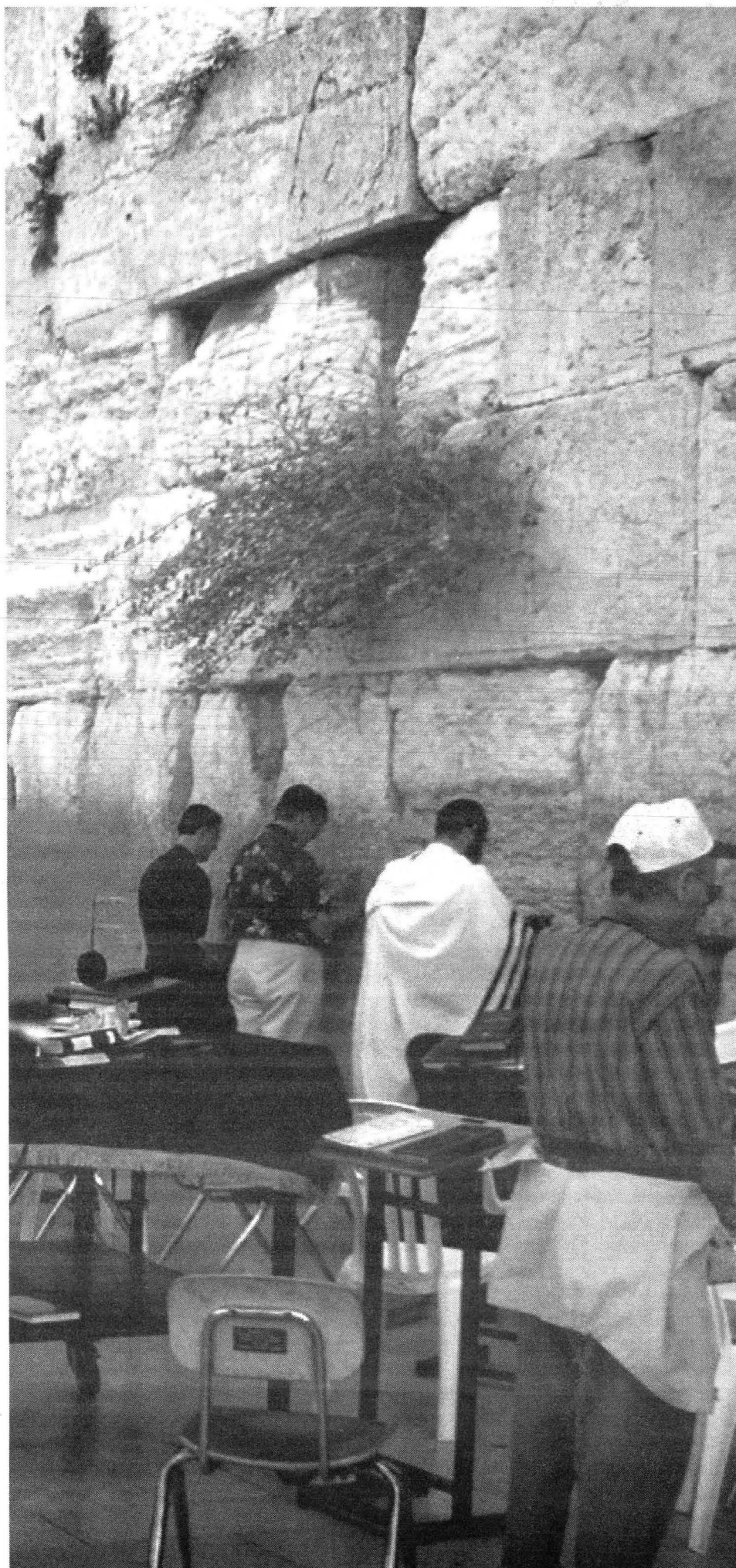
The First Temple that God asked his chosen people to build was in Jerusalem. Once the mistake of Abraham, the father of Judeo-Christian faith, had been restored through indemnity through the 400-year course of slavery in Egypt, and that course had again been restored through the 400-year course of judges, allowing for the Israelites to inherit Abraham's foundation, then the 120-year period of the united kingdom could begin. These three periods (the 400 years of slavery, the 400 years of the judges, and the 120 years of the united kingdom) are being restored through indemnity during Father's life course. In 2001, the year after Father's 80th birthday, the course of Cheon Il Guk began, which represents the age of the united kingdom of Israel.

The third four-year course in the 12-year course to build Cheon Il Guk, which began on January 13, 2001 and is to be completed by January 13, 2013, began in 2009. This four-year course, among other things, must also restore the 40 years of Solomon's reign during the period of the united kingdom. Solomon reigned during the last 40 years of the 120-year course of the united kingdom. It was during Solomon's reign that God told the Israelites to build the First Temple of Jerusalem. It is also during this last four-year period in the course to build Cheon Il Guk that Father has given the direction for Cheon Bok Gung, the Third Temple of Jerusalem, to be built. Father has also said that the holy ground of Jerusalem is to be moved from Israel to Korea.

The Second Temple of Jerusalem was built to replace the First Temple, which was destroyed in 586 BC when the Jewish nation was exiled to Babylon. It stood between 516 BC and 70 AD after permission for building had been granted by Cyrus the Great of Persia, who freed the Jewish people from their captivity and allowed them to resettle in Judea. Now all that remains of the Second Temple is the Wailing Wall, a Jewish holy ground where Jews go to shed tears, lament that the temple is no longer there, and pray for its rebuilding.

According to Father, this holy ground on which the First and Second Temples were built must now be moved to Korea, as Korea becomes the homeland and hometown for the First, Second, Third and Fourth Israels. And the Temple of Jerusalem is to be rebuilt as the Cheon Bok Gung. 

Write to CBG@unification.org
with your comments on this section.



The Wailing Wall in Jerusalem is said to be the last remaining ruins of the Second Temple of Jerusalem.

Timid



Soin Alexander

Write to poetry@unification.org with
your comments on this section.



Timid, cold, windy
The small metal bird screeches
While the night sleeps
And the leaves dance shy
Without any disturbance
Below the red light

Let the dark stay light
While the air stays windy
With no disturbance
The night bird screeches
As the skunks and all play shy
While the night sleeps

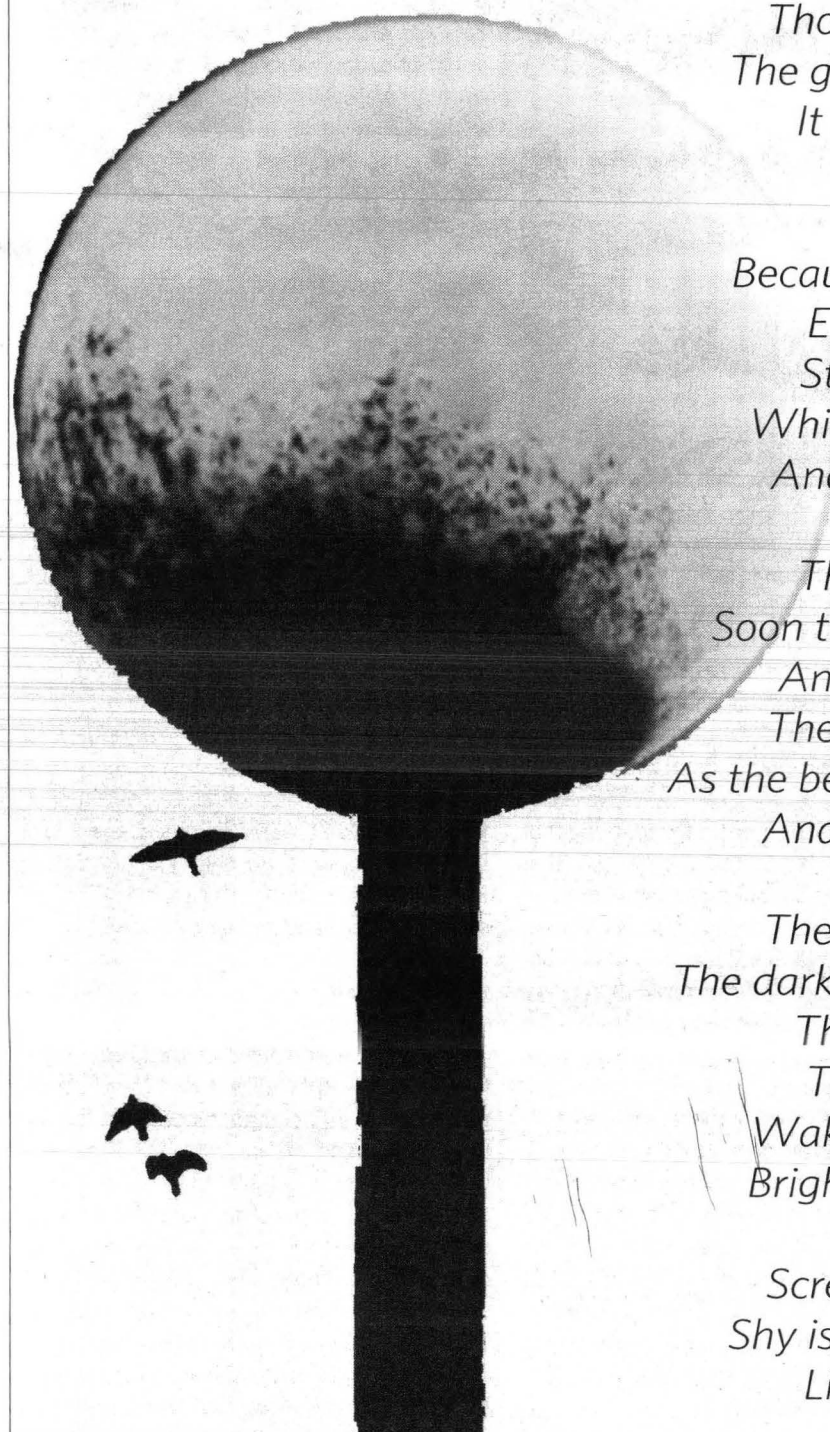
Though we all well sleep
Beneath the pale moonlight
The night can be shy
Though soft as the wind
The ghostly figure screeches
It has been disturbed

It is undisturbed
Because everything's asleep
Even with a screech
Still there is the light
While the owl blows wind
And the leaves stay shy

The folks start to shy
Soon there will be disturbance
And warmer east wind
The night race will sleep
As the beam shrinks the moonlight
And calms the screeches

The bird rests its screech
The darkness, the moon then shies
The calm is now light
There is disturbance
Wake up, no one is asleep
Bright, warm feel the wind

Screech kills disturbance
Shy is the night that's asleep
Light is like the wind



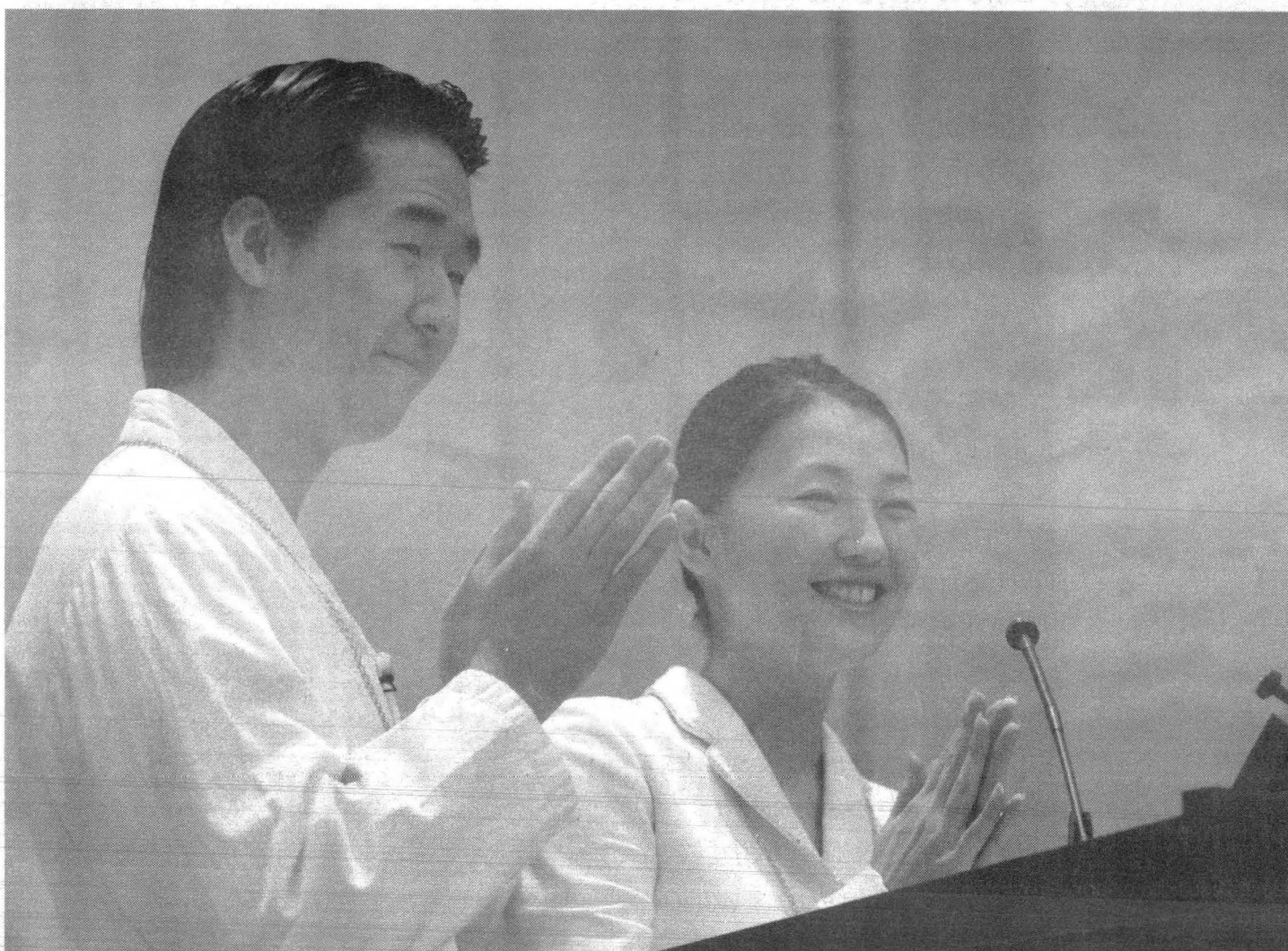
DISCOURSE ON UNIFICATIONISM

THE WORDS OF REVEREND HYUNG JIN MOON

Excerpts from: Learning to Live Unintimidated

December 13, 2008, Headquarters Church, Seoul, South Korea.

Photographs provided by Dale Kim



Reverend Hyung Jin Moon, International President of the Unification Church and his wife, Reverend Yeon Ah Lee.

Today I'd like to talk to you about "Learning to Live Unintimidated." You know, in order to live the blessed life, it is so important to live life unintimidated. There will be circumstances, events, petty minds or archangels that will try to intimidate you into defeat. They know that if they scare you out of pursuing your own dreams and potentials that God has given you, they will injure God through that defeat. Knowing that God is on your side, and learning to live unintimidated is one of the keys to living the blessed life. Let's take a look at some of these World Scriptures today.

From Christianity, let's look at Romans. Let's read it together, "If God is for us, who can be against us?" A very important one. Let's look at Islam today: "Oh, who you believe! If you help God's cause, he will help you and will make your foothold firm." *Quran* 477. Let's look at Buddhism today: "Men of little ability, too, by depending upon the Great, may prosper. A drop of water is a little thing, but when will it dry up, if it is united with a lake?"

Let's look at True Parents' words today. Let's read that together, "What should be the standard of the life of faith? We cannot

base the standard on the things that people of this world ordinarily interact with. Because the life of faith seeks after infinite value. Since the center of infinite value is none other than God, therefore the standard for the life of faith should be placed on God."

Brothers and sisters, it is so important that we focus our minds on such statements. But many people will look at themselves and say, "You know, I have a bad past," or "I can't pursue my dreams right now, there's no way I'm going to bring them to pass in my life." But don't be intimidated by your past.

You know, Joseph was an inmate, he was a prisoner. Look at Moses. He was a murderer on the run. Even Jesus himself. He was (treated as) a criminal. He was executed on the cross.

But what if I try and people make fun or people don't believe that I can do it, or they even try to bring me down, bring me to ruin? Don't be intimidated by naysayers in your life, brothers and sisters!

Nehemiah was mocked for wanting to rebuild Jerusalem, Job was mocked by his friends for having trust in God, Noah was mocked by own his family for doing what God had commanded.

"But what if I try and I fail?" Don't be intimidated by failure. It's better to risk failure than to risk your potential. It's better to risk failure than to risk the possibility of not actualizing your God-given potential and dreams.

Great Faith, Great Doubt, Great Effort

In Zen Buddhism, there is the teaching that there are three things that are needed, that are critical along the spiritual path. It teaches that those things are, number one: Great Faith, number two: Great Doubt, and number three: Great Effort. See, having Faith in God's goodness, in our ability and talents, in the possibility for ourselves and others to mature, are critical things.

But there will be moments of doubt in your life, no matter how strong your faith is. There will be moments where you will doubt God's goodness. You will doubt your ability and potential. You will doubt whether or not others can mature around you. You will doubt whether or not the dreams God has given you will ever come to pass. You will also doubt whether or not you can overcome a circumstance that you are facing.

But if you make great effort, then, according

to this teaching, you will make it through that doubt, and you will enter into new life and new faith. See, you will enter into a new faith and confidence in God, faith and confidence in your ability and your potential, and faith and confidence in the teachings that allow you to do that.

In our life of faith there are moments of those kinds of doubts. These doubts can become so great that they can intimidate us out of our own consistency and perseverance. Doubt, unchecked, can lead to intimidation, misery and dread of the unknown. But doubt, used well, can be helpful along the spiritual journey.

It can cause an urgency in our lives to pursue a more rigorous practice, to become better and mature, to challenge ourselves to actualize more readily. So, in our lives it's very important that we don't beat ourselves up because we have doubts that come into our mind. But we know that if we move through those doubts with effort and perseverance, we will come to a new level of faith that God is leading us.

Faith

See, faith is only weakened by doubt if one gives in to that doubt, and fear and gives up. People with weak faith are easy to spot, because when things don't go their way, they easily and quickly give up on themselves, their work, or their consistency and perseverance in doing that work.

But by going through the intimidation of doubt and fear, your faith is strengthened, our faith in our character, in our potential is strengthened, and we realize, "You know what, I'm not doing everything and I don't need to do everything. God is on my side, and He is helping me." Just as True Parents told me when I was inaugurated as International President, "Don't worry so much, there will be plenty of people to help you." And that is so important and that gives me so much strength when I start doubting myself.

My five percent

It's the same with our own lives. In our own lives, what we will realize is that there are so many events and circumstances that led us to be the person we are today. And that we could have never actually planned all those circumstances and events perfectly, to lead up to the person we are today. And when we realize that, we know, "Hey, I don't have to do everything. I can rely on God. God is doing the 95 percent, and I will fulfill my 5 percent."

You see, brothers and sisters, on our way to the World Temple Cheon Bok Gung, we must acknowledge that we may sometimes feel

doubt and intimidation.

What if society attacks us? What if we are not able to make the Temple? What if we fail? etc. And these are natural questions, but whenever the archangel starts tempting me with these doubts, I just remember how much God has done up till now.

Change is coming

The culture of our movement is changing; it is becoming more fair; more transparent; we have elections for leadership in Korea; and we are rediscovering our faith, our confidence, our belief that our tradition can make a difference in this world. Step by step, God is leading us to fulfill that destiny.

Nobody believed that the Unification Church would become mainstream and capture the imagination of nations. But you know

what happened? When we met these reporters, they kept on asking me about the World Temple. Already the rumor is out all around Seoul. These people were asking me, "Oh where is it? How is it going to look?" I said, "I can't tell you, so stop trying to tempt me!" [laughter]. They're already hearing about it, it's capturing the imagination of the people, of society. Brothers and sisters, it is time for us to know, to believe. It is happening.

Realize your potential


You see, what can we learn today? In life there will be intimidating times, there will be circumstances, people and archangels that intimidate us in our lives. But when you do something great, there are always petty minds that come up and want you to fail. But if you give up, you are letting those petty

minds steal that greatness, that potential, that talent and enthusiasm for life that God has put inside your heart.

If you get intimidated along the way, then realize that it's okay. Don't beat yourself up, but push through with that effort, with hard work and perseverance, and you're going to make it through. In the end, we will be able to respect the person that God has created us to be and when we do get through, we will be stronger, braver, more confident, we will have more self-esteem and more self-respect. On our way to the World Temple let us have that faith, and if we doubt, let's use that doubt well, push through with effort and become even stronger.

Brothers and sisters, God will see us through, and we will see Unification Church bring joy, happiness and glory to God and True Parents on earth as it is in Heaven. Let's

give it up for Unification Church, come on, let's give it up!

Brothers and sisters, I do believe, that if we go forward with this kind of heart, learning to live unintimidated in our lives, being brave and bold, then we will find ourselves with more victory, illumination and peace, and we will live that blessed life that True Parents have blessed us with. If you can receive this message, let's give it up one more time for God and True Parents! 

Write to DOU@unification.org
with your comments on this section.



Reverend Yean Ah Lee, wife of Reverend Hyung Jin Moon, International President of the Unification Church, embraces a member of the congregation at Sunday Service, Headquarters, Seoul, South Korea.

DISCOURSE ON UNIFICATIONISM

THE WORDS OF REVEREND YEON AH LEE

November 4, 2008, Headquarters Church, Seoul, South Korea.

Brothers and sisters, good afternoon again! I really feel so nervous. Can you give a round of applause for me again? Thank you so much! This is the reason I love you guys so much!

It is a great joy and honor that I can speak in front of you today. The first thing I would like to say to all the brothers and sisters is, thank you so much. Though I am much younger and more inexperienced than most of you, I am always grateful for your support and love and in receiving me like a daughter, actually.

When I was young, I loved the A-frame churches. At that time, they were built a lot around the nation in Korea. I remember playing hide-and-seek and taking naps in the chapel a lot, and especially I loved to discover bats sleeping in the corner of the attic because the A-top church has such a high roof that there were often bats living there. I loved to find them. My mind was at ease whenever I laid down in the long chairs that were in the chapel, just like the ones we have here. I was feeling a bit sorry for doing that, because I was supposed to pray in the sanctuary and not sleep in the sanctuary. [Yeon Ah and the audience laugh.] And then I would sing a couple of holy songs. God might be watching me, so I'd better make up for it. I sang a couple of holy songs and then played a little more in the chapel again. That's basically how I spent my years as a child.

My younger brother was born with an oxygen deficiency in his brain when I was five years old. He was not able to walk, even after his fifth birthday. My mother went around the entire country looking for some kind of remedy or effective way to help him out. She tried everything from spiritual healing to Korean herbal medicine to acupuncture to chiropractic medicine. Hearing that the internal organs of certain animals were effective, she went to special meat markets to inspect the meat of cats, dogs, snakes, and frogs and all sorts of animals. Once my father heard that there was a special medicine that cleans blood in the village where leprosy patients live, so actually my father went into the village.

As young as I was, I came to think, "Wow, the world is really filled with people who are in pain and suffering." I came to view life in the words of my mother, "a sea of suffering." After becoming a member of True Family, I came to learn many things. I always regarded myself as a kind and quiet person, but through Hyung Jin Nim I came to realize how much I have suppressed my true self in my life. Although it has been ten years now, I still remember the day when I first met Hyung Jin Nim. Even now, I feel really sorry for what I said to him. [Laughter.] OK, here you go: When I first met



Reverend Yeon Ah Lee, wife of Reverend Hyung Jin Moon, International President for the Unification Church and his wife, greets guests at Sunday Service, Headquarters Church, Seoul, South Korea.

Hyung Jin Nim, I curtly asked him, "Hyung Jin Nim, what would a True Child like you, who has everything, know about how miserably our blessed families have lived?" Yeah, I said that. Can you believe that? I don't know what got into me at that time, but that is what I said to him. [Yeon Ah Nim turns to Hyung Jin Nim} Appa, I'm sorry. [Laughter.] Such I was before, but now I have come to call Hyung Jin Nim my spiritual father. I truly have changed a lot since then, as you can see.

When I came back to Korea after living in the United States for ten years, I could vividly feel how so much has changed. I left Korea as a teenager and came back as a woman of thirty. Yet, what changed about me most was how I viewed the world. If I had remained in that "sea of suffering" and if Hyung Jin Nim hadn't made me realize that I was making my life that way and that I believed it to be my reality, I probably would live like my mother who passed away five years ago, slowly diving into that "sea" without even knowing it.


Once Hyung Jin Nim told me that in Buddhism there is [the] first noble truth — the reality of life, which is the inevitability of suffering, old age, sickness, and death — and he

said, "Everyone, everybody, whether you are high or low, whether you are scared or not — those things will come, so let's not dwell on it." Hyung Jin Nim and True Parents have faith in the possibility [potential] for me more than I had faith in myself. I am convinced that True Parents and Hyung Jin Nim believe in the strength inside of each and every one of us, though we may not be aware of [it].

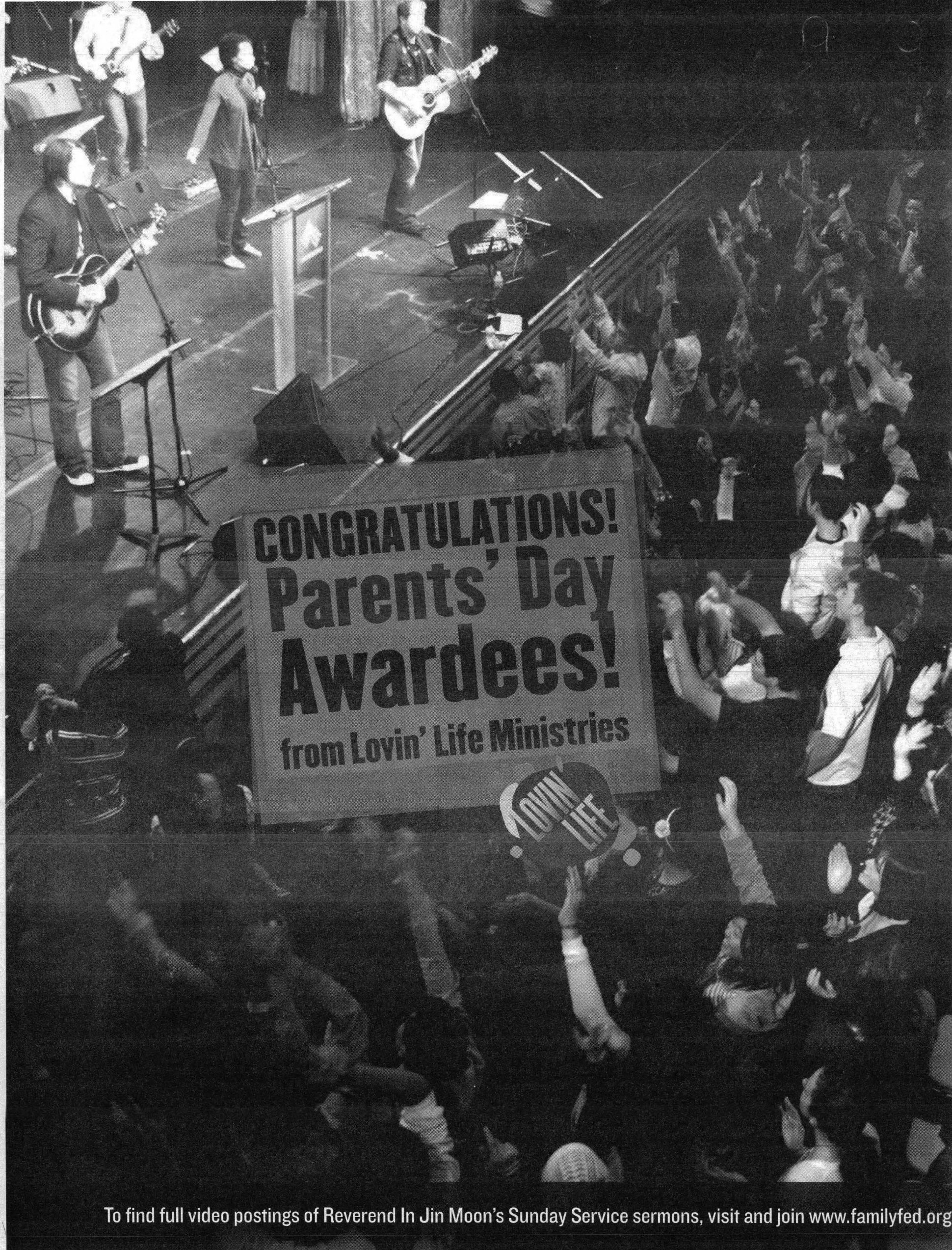
Beloved brothers and sisters, do you know why the media in Korea and the former president of Costa Rica, Mr. Carazo, say that our church is the hope of the future? It is because two sons are cooperating together in order to fulfill their father's vision of religion, rather than each of them claiming that he is the only one who can do that.

Kook Jin Nim once said this: "I will make the Unification Church wealthy; you, Hyung Jin, should make this church a place filled with happiness and spirituality. These two elements are needed in Cheon Il Guk Nation. You excel in what I can't do, and I excel in what you cannot do. So, let us put our strength together so that True Parents and our blessed families can be illuminated and shine in front of the world." [Enthusiastic applause.]

Hyung Jin Nim showed me that True Parents were real and helped me learn to love my deceased mother whom I couldn't understand when she was alive. Whenever I feel like I'm the worst mom in the world, he always tells me this: "Yeobo, you know what? They are lucky to have a mom like you, so don't worry about it," and that really helps me a lot. So, please, husbands, when your wife feels depressed, please use these words, OK? This is a tip.

What is more, he led me to love our church brothers and sisters. Reflecting upon all this, I realize that the greatest people are actually True Parents, who were able to raise such sons. I would like to offer my gratitude and all the glory to Kook Jin Nim, Hyung Jin Nim, True Family members, our brothers and sisters, and especially to our beloved True Parents. Thank you very much. 

Write to DOU@unification.org
with your comments on this section.



To find full video postings of Reverend In Jin Moon's Sunday Service sermons, visit and join www.familyfed.org

LOVIN' LIFE MINISTRIES

THE WORDS OF REVEREND IN JIN MOON

Excerpts from the sermon given August 1, 2010

Lovin' Life Ministries Sunday Service, Manhattan Center.



Reverend In Jin Moon.

Photograph provided by Joe Kinney

When I think about our True Parents, they, just like us, experience pain and difficulties, but also, just like us, they experience love, joy, and celebration. One of the things I notice as their daughter is that they always concentrate on their health, not just their physical but their emotional and spiritual health as parents to us children.

Mother has encouraged all of us to not just keep our spiritual lives healthy by prayer, reflection, and doing good works, but also our physical well-being, emphasizing that our bodies are heavenly vessels. She encouraged all of us to be mindful, to be physically healthy and to be emotionally healthy. I look at my parents and see all the things that they're hit with, yet they never waver; they are so consistent in their mission.

Something I realized from a very young age is how seriously my father takes his own health. He always told his children that you have to take care of what God has given you: You have to exercise. You have to eat right. You have to maintain your health so that God can work through you to do many great things.

Serial Dieting

A few days ago I was seated next to a friendly, animated lady who was very big. She asked me about myself, and she explained about a new diet program that she was on. I've heard before about the diet she described,

one that incorporates lemon juice and honey.

She was quite knowledgeable about nutrition and showed me a big book about different programs she was considering. When she found out I had five children, she asked me what program I was on. I said, "I'm not really on a program." She said, "You must be on some program. You look too young to be the mother of five children. Where are your post-pregnancy handles?" I said, "Well, I have a bit around my waist." She insisted again, "What program do you use in your life? I really want to be a healthy person and have lost so much weight on this program I use. I think health is my new religion. If I can be a success with this program, I want to share this new religion I've found with as many people as I can."

She described different exercises she does, different food she can eat at different times of day. At the end I felt quite dizzy. I asked her, "Are you sure it's healthy to lose 25 pounds in two weeks?" She said, "I feel healthy, and I have more energy now." I asked her, "Is this the kind of program you can follow for the rest of your life?" She just looked at me blankly, and said, "I only have to stay on the program until I reach my desired weight." I replied, "Then what program will you be on?" She said, "If I accomplish my goal, then I can take a break and eat whatever I want, not exercise, and sleep as much as I want. If I find myself ballooning, I'll go back on another program."

This poor woman had tried all the different types of diets I could name. She was so hungry for the right program in her life: that one exercise program that will change her life,

that will give her happiness, that will give her the emotional, spiritual, and physical sense of being a well-rounded, healthy person.

One of the things I notice about a lot of dieters is that many times the hunger they deal with in trying to stick to a program is not always physical hunger. Often people eat because they're emotionally or spiritually starved and they don't know how to fill this void, to satisfy this hunger. That's why they reach for the nearest piece of candy or cookies. What they really need is not more food. What they're seeking is an emotional well-being that comes through understanding that we are God's children, that we are divine beings with a special purpose in our lives. This hunger that we fight with is not always physical. That's why many diet programs never really work.

When this woman asked me about the different programs she thought I must be on, I told her that I'm not on any program but I am on a lifestyle. It is not a program that keeps us healthy, but a certain lifestyle that we choose for ourselves that helps keep us healthy physically, emotionally, and spiritually.

The word health

I've always thought the word health is interesting. I understood true love to mean truly practicing and applying true love [in] my eternal relationships. These eternal relationships are with family. Once you're born into a family, it doesn't matter whether someone goes to the spirit world before or after you; your relationship in the context of that family is an eternal one.

The word health means the soundness of body and mind. That made me think about a lot of things, especially the example of how my father and mother take everything in their lives so seriously. When my father starts his meal with a prayer, he gives thanks to all the different little platters on his table. He is so meticulous about being grateful. He never goes a day without his exercises. The first thing he does, without fail, when he gets up in the morning is exercise for 30 minutes, sometimes an hour. Every day.

Emotionally and spiritually starved

When I see that kind of discipline, I realize he is exercising a couple of principles in his daily life. That lifestyle allows him to be emotionally healthy, spiritually healthy, and physically healthy. Unlike this woman who was a serial dieter, my father, number one, takes responsibility for his constitution, for where he is in life. This woman did not want to take responsibility. She started her life story by telling me, "I come from a lineage

of obese people. That's why I'm obese." She was accepting that she will be big. But she was not really taking responsibility in that she's looking for quick fixes here and there. She kept giving me reasons why the different diets did not work. There was always somebody to be blamed for why a particular program didn't work. It might have been that her best friend sabotaged her in the middle of her program by bringing a beautiful apple tart à la mode that she could not resist. Or it was her duties as a mother that made it difficult for her to stick to the program; so it was her children's fault why she could not successfully complete a program.

But more importantly, I heard her say over and over again, "It's my spouse who says discouraging things," which made her feel so uninspired about her situation that she would fall short. By shifting blame to others, she never could take responsibility for her own physical, spiritual, or emotional health. She was so busy making excuses why she could not be successful. She was always saying, "When I become size 8, then I will be a wonderful wife, a wonderful mother, a wonderful friend. But while I'm on this program," she jokingly said to me, "my friends have to put up with my irritability."

She was so focused on where she wanted to go, on her destination in life to fit into a size 8 wardrobe, that she did not realize that she was forgetting to enjoy the process, to enjoy life, to focus on the actual journey she was taking as a human being. Because she was so fixated on her goal, she was always irritable, not happy, always complaining about somebody or someone because it will be a long time before she gets to where she wants to go. As long as she does not get there, she told herself, "I have a legitimate reason why I don't have to enjoy my life and relationships with my family, why I don't have to be grateful for my life."

This kind of attitude, this inability to enjoy the journey that we're on, reminds me of the Bible verse that says, "Do not conform to the patterns of this world." The Bible reminds us that we need to be true to ourselves, to stop thinking that the size 8 will make us happy, that a wonderful car or house will make us happy. Then we cannot concentrate on what we have now, which is possibly a work in progress with a group of people we rub up against, in the form of a spouse, of children, of colleagues or friends.

Keep a cheerful heart

When we cannot enjoy our journey, then we forget to keep our humor. This is one of the most important things I notice about Father and Mother, no matter where they

are in life. Father would be sitting in Danbury prison, but when we went there to visit him, he was always encouraging us, imploring us to work harder and try our best, but most of the time he was cracking jokes. This man sitting in prison, unjustly sentenced, was keeping up the humor, not forgetting to laugh. That's something that I've realized is the key to survival.

For instance, I think of my job as senior pastor. When you're in a public position, so many things come at you all at once. The thing is, you can never do everything right and you can never do more than what you're doing. Even though people are happy you are making changes, there are always complaints and criticism. Dealing with the constant criticism, constant analysis, constant back-talking and gossip is very wearing. I'm sure it wears Father and Mother down. It must have been excruciatingly difficult to be the True Parents of humankind, with people looking at you and saying, "You're not good enough. Why are you the True Parents? Why are the True Parents like this? Why are the True Parents not like that? Why don't you do more of this? Why don't you do more of that? Why don't you fix this?" Very rarely do they get a simple thank-you from a lot of us.

When I became a mother I learned that what we as parents want from our children is to receive the love that we've given to them, coming back freely and voluntarily. Then I realized the importance of keeping a smile on my face and thanking Father and Mother, no matter whether they are angry or happy with me, always thanking them. Whether they're angry or happy, I can always learn something.

Take responsibility for your constitution

Instead of being like the dieter who wants to shift blame onto different people, if God wants to be angry with you, all right. Perhaps God had a tough day: "Bring it on, God. I will still love You, I will still honor You; I will still follow You. If you want to share Your love with me, bring it on. I will gladly welcome that with open arms."

If you are in a leadership position like True Parents are, you must know how incredibly important it is for Father to be laughing. He pokes fun at himself all the time. He laughs about his children; he pokes fun at us. And he laughs about the leaders and pokes fun at them, keeping his humor alive.

Proverbs 17:22 says, "Keep a cheerful heart. A cheerful heart is good medicine." Being able to laugh, being able to invite humor into our lives is a wonderful thing. It's good medicine for life and for all the difficult things that we deal with on different levels of our human experience.

When I think of True Parents, I realize that things change all the time. My father has been in and out of prison over six times. He is well over 90 years of age. He started out his ministry in North Korea. He lived through the Korean War. He went abroad to study at Waseda University in Japan but then went back to Korea to start his ministry. Then he came to America, and he has traveled all around the world, establishing our movement in each country. My father is a man who has seen many changes. He has experienced so many sudden shifts in his life. But the way he has remained healthy spiritually, physically and emotionally is by remembering who he really is as an eternal son of our Heavenly Parent who is responsible for all the things around him.

Determine to love life

True Father takes responsibility for all humanity. And as the True Father, he struggles on, plows on, at the same time empowering, imploring, and encouraging us to be great because he wants to be responsible.

As the children, how wonderful it would


be if we stopped saying, "He did it. She did it. They did it," and started taking responsibility for things that we can touch, that we can change, that we can be responsible for.

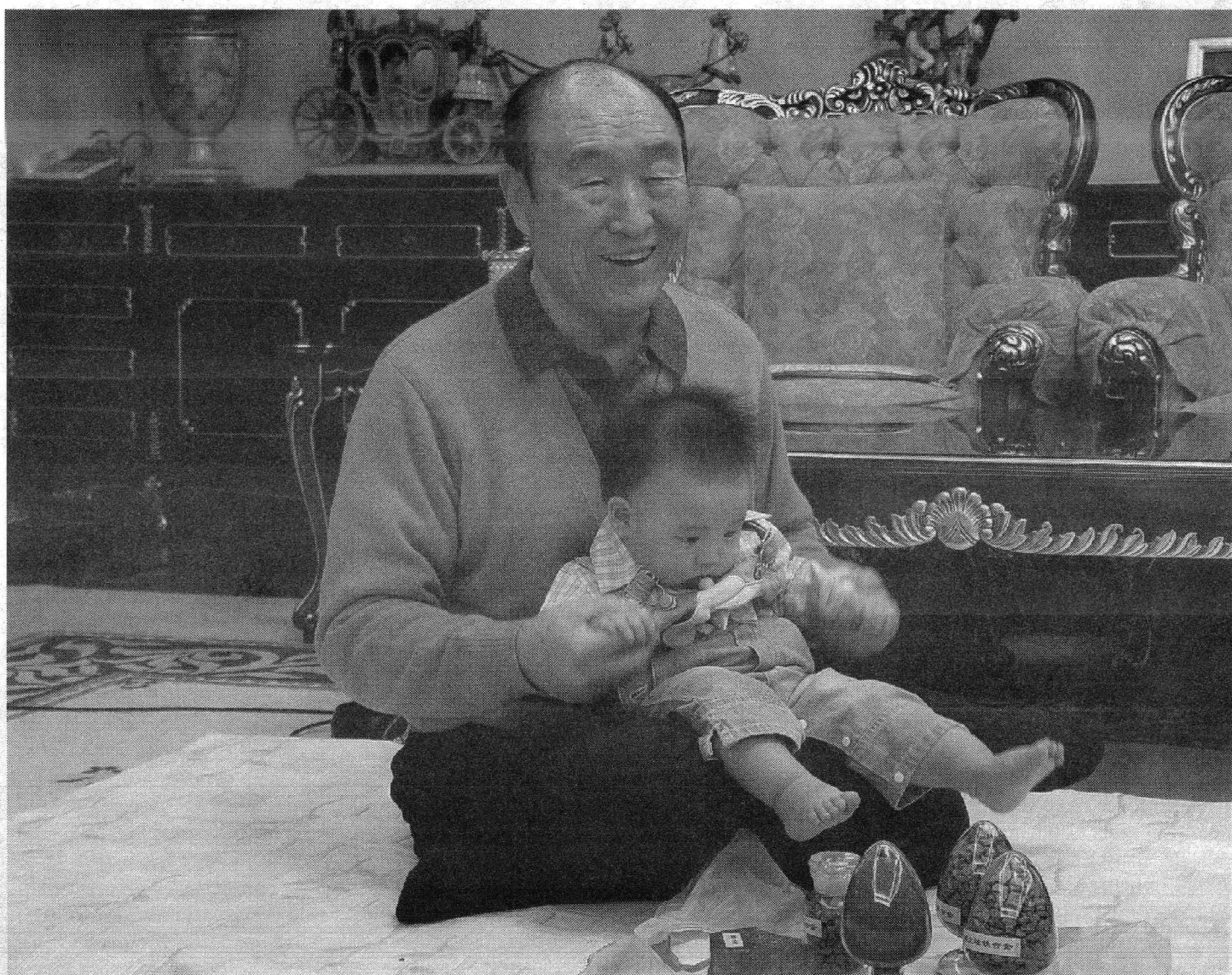
That's one thing our True Father has done consistently. He has always taken responsibility. In the midst of all these sudden changes that have been taking place in these last two years, so many things being thrown at different people, what Father does is to focus on the journey at hand. Of course, he has an eye on where he needs to go and what he needs to be, but he is here enjoying the process with us each and every day.

This morning at Hoon Dok Hwe he spent a great deal of time sharing a speech he gave in 1960, one that talks about the lonely and suffering course of Jesus Christ. When I heard that speech, I was reminded once again why Father is determined to love life. When you remember that Jesus had to go the way of the cross because people did not believe in him, that his disciples turned against him in that crucial hour and he was left all alone, and that he never had a chance to find a wonderful wife and experience parental heart by having beautiful children of his own, you

realize why our True Father and True Mother are so determined to love life, to celebrate life, to live with a cheerful heart.

Father wants for us to have what Jesus did not have as that lonely figure in religious history. What True Father and True Mother want us to experience is the completed picture, the beautiful picture of a family that Jesus never had a chance to have.

In this Year of the Tiger, we have a great many things taking place. As we grow, let's maintain the philosophy of living for the sake of others, of wanting to make the other person better than us. Let's practice a couple of things: being responsible for ourselves; focusing on the journey, on the process and being grateful for the process; keeping a sense of humor and at the same time realizing how incredibly blessed we are. Then there is no limit to the things we can accomplish as a community. 



Reverend Dr. Sun Myung Moon, Founder of the Unification Church, enjoys time with one of his grandsons at his home in Korea.

JULY - AUGUST 2010

FAMILY AND LIFESTYLE

EDUCATION

A Companion Study Guide To:

*Reverend Sun Myung Moon: As a Peace-Loving Global Citizen***Jack LaValley**

Jack LaValley lives in Irvington, NY with his three children and spouse.



Photograph provided by Jack LaValley

Jack LaValley (left) with the Reverend Dr. Sun Myung Moon and his wife, Dr. Hak Ja Han Moon (middle) and Mike Chapman during a trip to Korea, 1987.

From the moment I got my hands on *Reverend Sun Myung Moon: As a Peace-Loving Global Citizen* back in November 2009, I couldn't put it down. Over the next four months I read it five times.

At some point during the third reading I suddenly got the inspiration to create a study guide as a companion volume to the *Reverend Sun Myung Moon: As a Peace-Loving Global Citizen*. When I received this inspiration, I wasn't exactly clear on how I'd put the study guide together, but that didn't matter. I felt compelled to do this project and complete it as quickly as possible. There seemed to be a force or power pulling me along, urging and encouraging me to make the study guide.

How it all began

My experience in reading *Reverend Sun Myung Moon: As a Peace-Loving Global Citizen* can be likened to that of two lovers, estranged from one another for years, suddenly reuniting after one of them discovers a long-lost letter that once again rekindles the flame of love that burned between them years earlier. *Reverend Sun Myung Moon: As a Peace-Loving Global Citizen* was Father's love letter to me! When I discovered this "letter" and read it over and over again, my heart of love for Father was instantly rekindled.

Reverend Sun Myung Moon: As a Peace-Loving Global Citizen purged my soul and cleansed my mind. I couldn't figure out what was going on. I'd spent twenty years as part of his personal protection detail traveling around the world with him, and back here in the States making sure all doors to his home were locked after the guests had left for the night. I'd read all of his speeches and seen him talk in public on so many occasions. When I plunged into *Reverend Sun Myung Moon:*

As a Peace-Loving Global Citizen, I was hard-pressed to believe I'd be reading anything earth-shattering or learning something different from what I already knew. (Ha ha!)

At times while reading Father's narrative, a subtle but powerful presence seemed to embrace and engulf me. I would experience emotional flooding, regardless if it was my first reading or fifth reading. Before reading *Reverend Sun Myung Moon: As a Peace-Loving Global Citizen*, for several years prior I had been feeling somewhat distant from him. But when I read his narrative over and over again, I came to see that the most valuable aspect of Father is his heart of love for God and humanity. His heart of love is overflowing; always has been and always will be. I realized that if I miss this invisible and intangible aspect of Father's life, then he is just another man who is liable to my judgments and distorted perceptions, just like all other flawed men (and women). I became more convinced than ever before that Father's life provides for us a model that, if imitated, will guarantee success and happiness.

Making of the study guide

After getting the inspiration to create the study guide, I felt it would be most valuable if I designed it so it could be used in a spiritually oriented small-group setting. The idea of small groups is popular in other settings such as business, where small numbers of people meet to interact in a dynamic and fluid way to learn new skills or discover a different approach to solve a problem. In the spiritually based small-group, people intentionally meet on a regular basis—usually once a week—to explore how their lives can take on deeper meaning and purpose in relation to their own faith tradition or spiritual practices. I've been involved with small groups for around five years, and believe this kind of activity offers lots of opportunity for people to get to know one another and share in an intimate and authentic way with each other.

Suddenly I got the idea to select from Father's narrative key passages that had most deeply moved my heart, and from these passages craft "exploratory questions" that could be discussed during the weekly group meetings. As I worked through this process I discovered the questions I was creating called upon the readers to consider how their own lives reflect the teachings and lifestyle of Father, and to how they have been responding to life since their own childhood.

Using the study guide in your small group

During the week before your next small group meeting, members will read one

chapter from the book and complete the assignments in the study guide. These assignments are designed to help you put into practice any insights or wisdom encountered in the reading. At the next meeting everyone will read directly from the study guide, not the book, and spend the majority of time examining the provided "exploratory questions" to help facilitate deeper discussion and reflection about the Autobiography and their own lives. That's it.

Reflections by those who have completed the 8 week study

Our small group recently completed an 8-week study of *Reverend Sun Myung Moon: As a Peace-Loving Global Citizen* using this study guide. Here are some of their reflections about their experience:

Reverend Sun Myung Moon: *As a Peace-Loving Global Citizen is full of useful information about his life and can be easily understood by many who do not have a Unificationist background. The orientation of Jack's Study Guide is quite different, as it was written for you and me. In this sense, the Study Guide was written to help Unificationists better connect to God, Father, and ourselves on a more intimate and personal level. In concrete terms, by participating in this group study of Father's Autobiography and using the Study Guide, I have better identified my inventory of inner qualities such as faith, strength, greatness, and beauty*

- Matthew Strater, Scarsdale, NY.

Reverend Sun Myung Moon: *As a Peace-Loving Global Citizen is a very full picture of his life. The biographical details are priceless. The Study Guide Jack created as a companion volume to the Autobiography compliments the book effectively. Key parts of the book are summarized and the Exploratory Questions in the Study Guide challenged me to answer with honesty and clarity.*

- Ed Bolton, White Plains, NY.

I think many of us read biographies to be stimulated in our own lives to live with more gusto and passion. When you read about a truly extraordinary person, it's easy to think that their life is too different from yours to have any relevance. This study guide turns that extraordinary life into something that all of us can use to enhance our own. The small group discussion topics were well prepared, so that even those new to a group could feel comfortable answering them, yet they allowed us to go deeper into our own memories and ideals when we were ready. We actually couldn't get through the entire assignment each week, because the discussions that got started gained a life of their

own. This could keep your group going for an eight-week session, or 16 weeks, or even more.

-Dominic Barber, Tarrytown, NY.

I want to take this opportunity to thank our small group members, Ed Bolton, Matthew Strater, and Dominic Barber, for patiently supporting me in this project. I also want to give a shout-out to Dr. Theodore Shimmyo and Renee Corley for assisting me with the editing of the study guide, and to Larry Moffitt for his enthusiastic encouragement.

Final Thoughts and Encouragement

At the commemorative event "World Assembly to Proclaim the Substantial Word of God and the Era of the Parents of Heaven, Earth and Humankind," held in New York City on July 24, 2010, Father had this to say in his Keynote Address about his Autobiography:

Ladies and gentlemen, last year my memoirs, As a Peace-Loving Global Citizen, an honest and candid account of my life, were published. Through this book I share how I discovered God's will for humankind and the path that we, as God's children, should follow. My life has been a typical model of the saying "If you don't succeed, try, try, try again." I have as much faith in this book as in the hoondok textbooks and teaching materials I have mentioned. For this reason, I recommend it to you, believing that it will show you how to lead your lives according to true principles. It does not subtract or add anything to the ninety years of my life, which I have led under Heaven's decree. I pray you will carefully read this articulation of true love and find great inspiration.

I am convinced that anyone who prayerfully and diligently studies *Reverend Sun Myung Moon: As a Peace-Loving Global Citizen* will be richly rewarded and blessed. It is my hope that this study guide I was inspired to create will play a small part in having God's blessings and love flow into people's lives all over the world. Happy studying! UC

Write to edunews@unification.org
with your comments on this section.

To order your ebook download of this study guide, please go to the www.lulu.com home page, type in the "find" box "rev moon autobiography," click on "go" and you'll be taken to the order page.

World Scripture

Reviewed by Bethany Phillips

Bethany is a volunteer for the HSA-UWC Education Department. She received her Bachelor's Degree in Classics and her License and Certificate to Teach from the University of Mary Washington. She lives with her husband, parents, and siblings in Northern Virginia and is currently teaching Middle and High School Latin in Fairfax County. She was recently appointed to the Northern Virginia Family Church Elders Board and is strongly involved in the Northern Virginia Family Church Youth Ministry.

I have always believed that part of well-ness of mind is studying and learning about as many different kinds of things as possible. Don't get me wrong. I'm no research monkey, but I do place a high value on understanding other peoples' opinions and beliefs. That is why I bought myself a copy of *World Scripture and the Teachings of Sun Myung Moon*.

Discovering World Scripture

This book is no joke. It is 1,161 thin pages of excerpts from various religious scriptures, and quotations from many different religious leaders. It's heavy, spiritually and physically. I planned on using some of the content to help with the Sunday School curriculum development work I was doing at the time.

Several months after buying this large tome, I discovered a book on one of my dad's shelves called *World Scripture: A Comparative Anthology of Sacred Texts*. This book is only 882 pages long, but it's printed on thicker paper, which makes it wider than the other *World Scripture* book and about the same physical weight.

At first, I was mildly annoyed that I had spent money on a book my family already owned, but when I looked more carefully at these two volumes I discovered that there are significant differences between them. Naturally, I had to ask myself if their spiritual weight was as close as their physical weight.

A Comparative Anthology of Sacred Texts

World Scripture: A Comparative Anthology of Sacred Texts has the older copyright date. It was a project of the International Religious Foundation and its purpose was to compare the main teachings of the world's religions in an effort to showcase their similarities.

It is broken into five parts: "Ultimate Reality and the Purpose of Human Existence," "Evil, Sin, and the Human Fall," "Salvation and the Savior," "The Religious Life," and "Providence, Society, and the Kingdom of Heaven." Each part is broken down into chapters with sub-topics. Each chapter is divided into sections with further sub-topics. The sections contain the quotes and passages I mentioned found in *World Scripture and the Teachings of Sun Myung Moon*.

This book immediately strikes me as a terrific resource for the Sunday School teacher, parent, or youth minister who likes to teach through quotes and scripture readings. If you know the topic of your lesson, you can look it up in the subject index in the back of the book, and choose any quote from any religion. If you need to come up with a topic for a lesson, you could scan the table of contents,

which lists the topics of every section. When you find a topic that inspires you, just flip to that page number and choose a quote.

Using quotes from various religions is fantastic for raising awareness and supporting understanding of all religions. Exposing our youth to the teachings of other religions, and how similar they are to each other and to Unificationist teachings, helps our youth accept other religions and embrace their friends who are of other religions. Teaching understanding helps to end prejudices before they begin.

This book would also make excellent Hoon Dok Hwe reading material for older teens and college students as well as parents and adults. Anyone who enjoys philosophy, comparative religion, or spiritual studies will thoroughly enjoy reading this book on a daily basis. Since the exact comparison between each of the religious texts is not written out, this would be a great source of mental exercise for older teens and college students. The passages that are under the same section are similar, but they are also slightly different. As a teen educator, I would sit down with my group, read a section together, and ask them these kinds of questions:

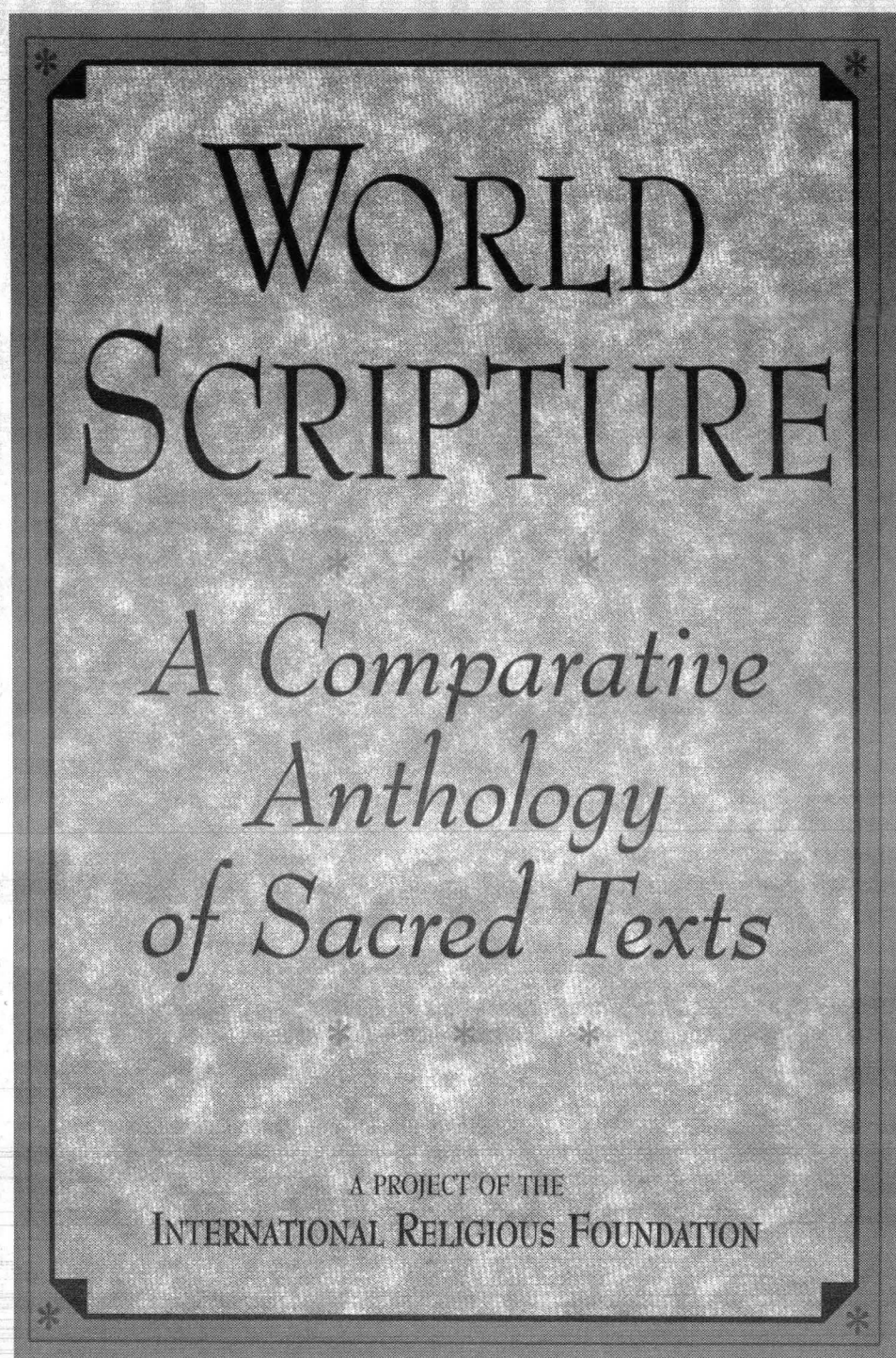
1. "Which passage makes the most sense to you and why?"
2. "What do all of these passages have in common?"
3. "Is there anything that sets these passages apart or makes them different?"

I think it is important for each teen to find a religious text that speaks to them, that is written in a way that touches their heart and their mind. Reading *World Scripture: A Comparative Anthology of Sacred Texts* would give teen readers a chance to experience various kinds of religious texts. If a teen shows a tendency to relate best to a particular religious text, I would recommend getting them a copy of that religious text, and having regular discussions with that teen about the text, comparing it to *Divine Principle* and the teachings of Unificationism.

And the Teachings of Sun Myung Moon

World Scripture and the Teachings of Sun Myung Moon was published twelve years after *A Comparative Anthology of Sacred Texts*. It has "World Scripture II" printed at the top of the cover and "Universal Peace Federation" printed at the bottom. The purpose of this book is to compare the different world religious teachings to the teachings of Reverend Sun Myung Moon.

Now I have some good news, and I have some bad news. The good news is there are




notes in the back of the book on some of the quotations and passages. These notes explain the reasons why the editors chose some of the quotes, give the definitions of uncommon words, and provide other helpful information to the reader. The bad news is there is no subject index, so if you wanted to look up a specific topic or subject, your only option would be scanning the table of contents. This gives you a list of section titles, but not a list of names, places, or anything you would find in a subject index.

World Scripture and the Teachings of Sun Myung Moon seems to me like better family Hoon Dok Hwe material than *A Comparative Anthology of Sacred Texts*. The quotations are generally longer, it includes lengthier passages of Reverend Moon's words, and the organization of the material is focused more on life application rather than comparing theological and philosophical ideas.

I would recommend this book primarily as a family Hoon Dok Hwe, or small group discussion resource. The quotations are generally too long for what I think a teacher or youth minister should use to augment or inspire a lesson or activity.

Side by Side

As far as their spiritual weight is concerned, my conclusion is that they are equal. These two volumes are a set and are meant to work toward the same purpose, but from two different angles. As such, I would not want to own one without the other, but if you find yourself having to choose between one or the other, this is how I would decide: If you are looking for something purely philosophical or theological, or if you want a book of quotations to help with planning lessons and other activities, I would go with *World Scripture: A Comparative Anthology of Sacred Texts*. On the other hand, if you want something that is going to be more easily applicable to the struggles of daily life and the practical understanding of Unificationist beliefs, I would get *World Scripture and the Teachings of Sun Myung Moon*. This one also works better if you're not looking for specific names, places, or ideas, but just want something on a more general topic to read for Hoon Dok Hwe or small groups. 

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with your comments on this section.

Start Your Own Club



Henry Christopher

Henry Christopher is the Unification Theological Seminary (UTS) Public Relations Director. He has initiated a number of projects and activities with the goal of developing more friendly and trusting relationships with the people in the small hamlet of Barrytown, and in the larger Town of Red Hook, and to get UTS more involved as a contributing member of the community.

Photographs provided by Henry Christopher

There's no better way to maintain one's overall health than to find a hobby and to participate in a club, or even start your own club involving your hobby.

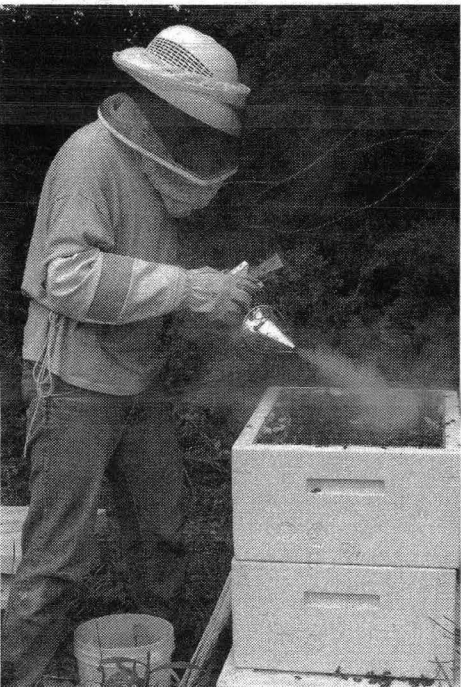
Being a member or leader of a club gives one the unique opportunity to put into practice True Father's favorite motto: "Live for the sake of others," and at the same time have fun, meet new people, and get involved in something you really love to do.

I guess I'm club crazy. Over the past few years I joined or started a variety of clubs and have been enjoying myself immensely, while trying my best to be of service to our club members and the community.

Joining existing clubs, and creating new clubs is like belonging to an extended family and a small, intimate village all at the same time. You make friends with everyone: kids, teens, and adults of all ages. You get to interact with them in interesting activities where you can learn a lot about people, yourself, and useful skills which can entertain you, and be of valuable service to others.

A few years ago I began the Barrytown Nature Club. Neighbors from Barrytown joined, as well as staff and students from the Unification Theological Seminary (UTS). Sandy Lydon, a neighbor on Barrytown Rd., was an art teacher and she taught us how to make many fun things. We made birdhouses out of old wood scraps and painted them; we took pine cones, tied a string to them, plastered them with peanut butter and covered them with bird seeds to hang outside for the birds to eat.

For Halloween, we organized a Halloween



Henry Christopher smokes bees to calm them before pulling frames to check for the queen, UTS.

Pumpkin Carving Contest for the local kids, and UTS staff kids. Some club members helped the children take the seeds and pulp out of the pumpkins, draw the faces, and carve the pumpkins. When all the pumpkins were carved, we had the contest. Everyone had a great time. In the spring, the club organizes kite flying at UTS.

Every spring our Nature Club organized a cleanup of the Barrytown roads and Hudson riverfront. After the cleanup, we meet at Sandy's house for cookies and tea. Four years ago our Nature Club decided to start a community garden on the grounds of UTS. We started with 12 plots, each 21 ft. X 21 ft. and two years later expanded to 20 plots as more and more people in the community wanted to participate. The fun part is not only in growing great organic veggies and flowers, but in helping each other, sharing garden secrets and collectively, watching the garden grow and become something of beauty and mystery as the season progresses.

In the winter, we go out on the South Tivoli Bay and get rides on ice boats from the historic Hudson River Ice Yacht Club. It is awesome!

Another hobby I love is metal detecting. While working at *The Washington Times* for 20 years as a graphic artist, one of my jobs was to layout and make maps for our Saturday Civil War page. It got me interested in the Civil War, and all the local Civil War history in the Washington, D.C. area.

While living out in West Virginia, I got a metal detector and joined the local metal detecting club. That gave me the most extraordinary privilege of gaining access to the Civil War battlefield at Antietam, Maryland—the site of the bloodiest one-day battle of the entire war. Two brothers owned a farm on the battlefield and let us metal detect on the fields alongside their cows!

I found some great relics there, including bullets, buttons and artillery shells.

The club had some real interesting and wonderful people. Old-timers who had made incredible finds over the years such as coveted Confederate belt buckles, swords, and very rare personal IDs made out of silver which the soldiers wore on chains around their necks before the army made "dog tags".

The members not only loved to "treasure hunt" for these war artifacts, but they were also deeply interested in the history of the war, and loved to put their finds on display during local fairs and go to schools and give talks and bring in the relics for the kids to look at and even touch.

I also used my detector for treasure hunting precious jewelry at lakes and in the ocean. I can take the detector in the water and I have found numerous gold and diamond rings,



From left: gold, diamond and semi-precious stone ring found in lake. Men's gold, 15-diamond ring found in the ocean at Virginia Beach, VA. Child's gold heart ring with diamonds found at lake. Bottom, three silver, Catholic medals worn by former Christian Brothers students at UTS found on the baseball field.

chains and other treasure.

When I go out on the beach to hunt, often people come up to me to ask if I can find something they lost, like a ring, or chain or watch. Once, an old fellow asked me to find his false teeth. I said I couldn't find plastic, unless there was some gold in those teeth!

Treasure hunting one day in knee-deep water at Virginia Beach, I found a man's gold ring with 15 diamonds. It's so big I call it my Mafia ring, thinking a Mafia man lost it!

Once I took my family to a state park near our house in West Virginia to go swimming. I brought my metal detector and asked my 6-year-old daughter, "Enryka, what do you want me to find for you?"

She immediately said, "Papa, find me a heart ring!" Well, amazingly, I go in the water up to my knees, and the first thing I find, while she is standing on the beach watching, is a gold ring with two hearts and a diamond in each heart! Unbelievable!

This spring I met some local carpenters, Lewis and Joe, who also metal detect. I said, "Let's start a club." And we did. They live at "Rokeby," one of the historic Livingston/Astor estates on the river in Barrytown. Lewis has found some incredible stuff there, including a souvenir button from George Washington's first inauguration in 1789. It is worth thousands.

At UTS, we often find beautiful silver Catholic medals that the former Christian Brothers students lost while playing on the soccer field.

Another club I belong to is the Catskill Mountains Beekeepers Club. I keep a few bee


hives on the UTS campus and have had loads of fun and learned a lot from the old-timers in the bee club.

Practicing love, patience and self-control in the environment of club activities isn't all that hard to do.

For instance, as a club leader, you are responsible for working with the members to set certain club rules, and remind members sometimes when they break the rules.

In our UTS community garden, that means making sure the gardeners mow the paths between plots when their turn comes up; not leaving garden tools in the paths; removing plant debris and weeds to the compost pile and not leaving them in the garden; turning off the water, etc., etc.

Sure, it can sometimes be frustrating when dealing with certain people who do not follow the rules. But with love and patience, and a focus on the common joy each member has for the club activities, you learn to be calm and understanding, and to enjoy helping others to become the best gardener or treasure hunter, etc. that they can be.

So if you want to have some fun, meet some new friends, learn a hobby or skill, and develop your character and personality through real interactions with others, I suggest to you: find a hobby and join or start a club! 

Write to BICLeader@unification.org
with your comments on this section.

CARP: How to Avoid Gaining the Freshman 15


Victoria Roomet

Victoria Roomet graduated from Brandeis University in 2009 majoring in psychology. She is currently CARP Vice President. She is from Queens, NY.

The transition from high school to college is an exciting one, but it brings its own set of new challenges, including, the "freshmen 15". For those of you who are unaware, or maybe never experienced this at school, the "freshmen 15" refers to the 15 pounds that a typical college students gains in his/her first year of college. Judging by some old pictures of me on Facebook, I'm pretty sure I gained my freshmen 15 all in the first semester of school. How is that possible? The causes of this American epidemic range from eating unhealthy cafeteria food at school, to late-night meals and a lack of exercise.

However, do not fear, incoming freshmen class! This epidemic is not inevitable, and there are simple ways to avoid the drastic weight gain. Here are some tidbits of advice from former college students who have been through the struggle:

1. Just because there are so many food options does not mean you need to eat them all at once. Pace yourself. The cafeteria will be there all year. Try one new food each meal if you like; it will give you something to look forward to, and make meal time more exciting. To go along with this point, all-you-can-eat cafeterias are dangerous. Try to stop eating when you feel satisfied, not when you feel like you are about to burst.
2. Avoid sugary drinks. This includes soda, and believe it or not, Snapple and most juices. Often sugar content in juices are just as high as sodas (check the labels). Replace those drinks with water. Not only is water good for you and keeps you hydrated, but it is also free.
3. Sign up for a gym class. It is very difficult to make time to work out as a college student, especially since it is not a priority when you have an 8-page paper due the next day. Signing up for a gym class makes working out semi-mandatory and holds you accountable to someone. Schools usually offer fun gym classes, so I suggest trying something new, like yoga, spin, or even ballroom dance. In the process, you might discover a new interest.
4. Even if you are not in a gym class, you can find ways to squeeze physical activity into your day, no matter how busy you are. Join an inter-mural sports team for some competitive fun. Walk to class instead of taking the shuttle. For all those multi-taskers out there, get your books for class on "audiobooks" and listen to them while you jog, or read while on the elliptical. Working out will keep your body healthy and it is actually a great way to relieve stress.
5. Get hummus and pretzels instead of Snickers. Though it is not advisable to eat very late at night, if you do happen to get those late-night munchies, and are looking for a snack, know that there are many healthy options available. Try replacing unhealthy snacks like chips, cookies, cakes, chocolate and candy, with fresh fruits, yogurt, vegetables and hummus. Fruits and veggies are just as tasty as any candy, but a little more satisfying for your brain and body.
6. Most college campuses boast a decent salad bar, so check it out every once in a while. A creative salad is a nice alternative for lunch or dinner any day of the week. Be careful, though, not to douse your salad with too much dressing. Vinegar, ally stick to using a simple vinaigrette made out of olive oil, balsamic vinegar, salt and pepper.

Hopefully these tips are helpful for you as you embark on your college career. A consistently healthy diet and daily exercise will go a long way, and support you in becoming the best that you can be. If you have any other ideas on how to stay fit in college, send them to us at vroomet@carplife.com. 

Write to cunews@unification.org
with your comments on this section.

Dear Debby



Debby Gullery
Blessed Family Department
of HSA-UWC

Need some advice for your marriage?
Send in your questions to Debby at
debby@unification.org

The Editor reserves the right to edit submitted
material for publication.

Dear Debby,

We're a young couple who've just starting to live together, we were wondering if you have any advice or tips on creating a happy marriage? We want it to be God-centered, but we also want to be happy. How do we do that?


Looking for Joy

Dear Looking for Joy,

I'd like to begin my answer by suggesting that instead of looking to create a "happy" marriage, you two try putting your focus on creating a "healthy" marriage. Happiness can be very elusive, and often when we put all our energy out to find it, we can get a little off-kilter. But happiness is always the wonderful by-product of spiritual health.

1. There are, of course, many things that contribute to a healthy marriage, but I'll just mention the ones I think are most important.
2. Balance: Balance between 'we time' and 'me time', balance between spiritual and physical nourishment, and balance between work and play. This takes time and experimentation, but is really important to work on.
3. Laughter: It's been said that laughter is the shortest distance between two people. Learning to NOT take each other and ourselves too seriously is an art form. Learning to see the humor in situations can re-direct potential fights and disagreements, and laughing together is essential and can heal many a wounded heart. Laughter is good for both your emotional and your physical well-being.
4. Acceptance: Stop trying to change your partner and focus on your own internal growth and ability to love. Give your spouse the gift of loving them "just the way they are".
5. Generosity: Give freely to each other and as a couple, be generous with your time. Make a goal each week to give somehow as a couple - invite people over for dinner, support your local church activities, volunteer for something. Nothing strengthens a couple more than service - so give generously.
6. Invite God In: Find ways to make God a part of your life as a couple, through prayer and study, through meditation and stillness, in your thoughts and in your actions.
7. Have Fun! Go on dates, take mini-vacations, learn a new sport together, take up ballroom dancing!, and spend time in nature as often as possible. Having fun together is not just a good idea, it is an essential part of a healthy marriage relationship.
8. Protect Your Relationship from Negativity: Play nice, choose your friends wisely, express gratitude daily and notice and complement the good stuff. Speak kindly to each other, be careful what you say and how you say it, pay attention, and practice really listening. Remember to say you're sorry and hug a lot.

I believe that when a couple strives for health, internally and externally, they will find themselves experiencing joy more and more often. To begin including these strategies into your lives as a couple requires effort and practice, but staying healthy means staying happy!

Keep me posted and take care of each other. God bless. 

FAMILY AND LIFESTYLE

REMEDIES FOR TRUE ORIGINAL HEALTH

Willard's Water



Debbie Kimsey

Debbie Kimsey is a Naturaph
Consultant and Research Scientist in
Alabama

In 1964 a professor emeritus of chemistry at the South Dakota School of Mines and Technology, the late Dr. John Willard, Sr., created the formula for Willard's Water by coincidence, later realizing that he had unlocked the mysterious powers of the ancient undissolved carbons of lignite coal, which is the fossilized remains of plants, trees and micro-organisms that grew in a "virgin" environment long before man had appeared on this earth. This is a prime example of bringing the past into the present for the future. Dr. Willard, or "Doc", believes that lignite may well be a massive reserve of carbon and solar energy from God that was to be used in the future to ensure man's survival. Lignite has natural antibiotics, germicides, and insecticides, over 50 trace minerals, and amino acids, which are the foundation that builds proteins.

The results of the Catalyst Altered Water was never clearly understood, how it consistently enhances beneficial substances, but never seemed to enhance or "extend" harmful substances. He originally created this formula in the 50's as an oil-well cleaning compound. Doc's son, Jr., was bragging to his buddies that his dad could use this solution to remove the burned-on carbon from a diesel engine injector cap. To prove to his son that he should not make such claims unfounded by research, Doc deliberately used a formula not successful in cleaning oil wells. To his surprise, that formula actually cleaned the cap. This is what led Doc to create the CAW. We are finding that coal has many attributes besides being burned for fuel. We find germanium concentrated into coal deposits. On a concentrated molecular scale, coal holds the past life from the plant kingdom. Through science and God's Divine guidance we are unlocking the true value of this millions-of-years-old gift from our home on Earth.

There are so many uses for Willard's Water. When mixed with clean water and consumed, the nutrients in the digestive tract become broken down small enough to become absorbed. This miracle water has the uncanny ability of separating nutrients to their most usable, water soluble form. It has the ability to return soil to its rightful

role, acting like a normalizer and conditioner. Since the CAW micelle, the patented high energy colloidal particle, is not destroyed when he makes the water, it will also go into the soil and activate by contact with water, stimulating the natural growth and natural protection of the plant and remaining in the soil for many years. This micelle speeds up the natural process of the breaking down of silicate, or sand, and the decomposed organics which make up the soil originally. Since glass is made from silicate, it is recommended to not store CAW over a long period of time because it will break down the silicate particles.

In 1946 Doc Willard realized that huge dinosaurs with small heads and 12" jaws only ate small amounts of food at a time. There had to be either a different kind of water or a much greater nutritional value in the food consumed by these ancient creatures. Since lignite coal comes from this era, it should contain the answers "locked up" in these abundant deposits. He decided to research the lignite to find out this mystery of the ancient plant life of our Earth. Lignite is the fossilized remains of the plants from before and during the Age of Dinosaurs when the "Living World" was still very young and the surface was covered with lush vegetation comparable to that of the rain forests of today.

Dr. Willard found that agricultural scientists around the world for the past 300 years had tried to extract and utilize these nutrients and valuable compounds contained in this lignite. For 20 years he searched for the key to unlock this ancient mystery. He put together a few ingredients that he called Catalyst Altered Water which became a key to unlock the carbon bonds inside of the lignite, namely, the micelles. This formula, Willard's Water, has an extreme effect on the growth of plants and enforces animal and human health by breaking down the fibers and bonds of foods, releasing the precious nutrients. In analysis of manure from farm animals using WW, the manure contains nutrients in their food. As for plants, the WW attacks the unavailable nutrients in the soil and converts them into a form that is readily utilized by the plant. Farmers are able to get much more yield, better survival

from droughts, and low temperatures; seed germination is better and faster producing stronger seedlings; and root systems are stronger and larger when sprayed with WW. I encourage all farmers, herb growers, and even bee keepers to research this and try using the WW in the present for the future of life on this beautiful earth.


This new formula of the CAW and micelles is called Willard's Water which is either produced as Dark WW or Clear WW. The dark contains the nutrients released from the lignite with micelles known as XXX Willard's Water. The Clear Concentrate has twice the amount of patented catalyst and micelles and no extra nutrients. These two are from the parent company, CAW. You can order the info booklets and Willard's Water in different-sized bottles. Phone no.: 605-343-8100; email: drwwater@gwtc.net. The other company, NCI, has a stronger, dark, formula designed by the parent company known as XLR-8 Plus and the clear is XLR-8. Phone no.: 800-447-4793; email: www.willardswater.com. If you plan to order, please mention this article and my name for recommendation. The booklets are full of info on this. They are around \$5. One is Catalyst Altered Water: A Briefing by the US Congress Health Subcommittee and the other is Dr. John Willard's Catalyst Altered Water by Beth M. Ley.

So far, the CAW has proven to enhance human health and the health of animals. It appears to have properties of a universal hormone normalizing all living things that are not in their normal state. The CAW micelles are the "heart" and most beneficial components which makes the WW so unique and causes its "unusual" characteristics to occur in the water it is added to. The micelle is similar to molecular-sized batteries of electrons with a very powerful negative surface-charged magnetic field. This negative surface charge attracts water molecules which become joined together, forming chains around the micelle and increasing surface tension which attracts more water molecules. CAW's micelle is the combo of the altered structure strengthening its electrical charge due to the micelles, which are the source of hydrogen ions that are vital to the transport systems

within the cells and to many other chemical reactions of life processes.

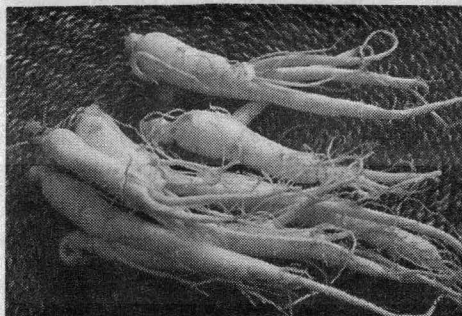
Willard's Water is alkaline which raises alkalinity, benefiting the oxygen levels in our cells since we need 80 percent alkaline and 20 percent acid to be safe. The micelle is a powerful reducing agent which gives up electrons, thereby speeding up chemical reactions. Plants grow faster and wounds heal faster. By replenishing the electrons the WW is a superior antioxidant and free-radical scavenger, reducing free radicals, even after radiation exposure, which explains Dr. Willard's recovery when exposed to toxic gas warfare and extreme doses of radioactive material while doing research for the military. His health was declining from this. Since his friends and relatives were using his WW on plants and crops with extraordinary results, word began spreading. These people experimented with WW, using it in many ways that scientists would never dream of trying. Because of their results with it in many areas of use, Doc started checking and duplicating the results using scientific controls. Word-of-mouth uses of this "Super Water" from his legion of friends, which included students, professional colleagues, farmers, ranchers, housewives, surgeons, biochemists, nurses, etc. made him realize the need for a patent to protect his invention. He was awarded 20 more US method of use patents and 7 Canadian patents. I believe that Willard's Water is worth every cent if not more to use inside our bodies and out. I also think that the micelles have very similar attributes as germanium.

There is always more out there to research and Willard's Water is just one of the many researched and developed remedies that will help us regain our True Original Health.

And always remember, have a cup of Ilhwa Korean Ginseng Tea! If you have any questions, comments or suggestions, please call, write, or email me anytime. 

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Enchiladas

Lina Herzer

Lina Herzer is a mother of two living in Bromley, Kent, U.K. with her husband, Une Herzer. Lina is originally from Toronto, Canada and was blessed in 2003.

Photographs provided by Une Herzer

I love to cook for my family, or more accurately my husband, as my children eat like birds and pick at everything.

There is not a time when we've been at a restaurant-a rare occasion-when my husband has not said, "You could have made that better." I don't like to gloat, but I have to agree. Which is why we hardly go out to eat because I would rather cook myself.

I wouldn't consider myself a gourmet chef. You would never see me decorating a plate with a tiny morsel of food or making flowers out of carrots and calling it a masterpiece, that's not me.

I am, however, into big, hearty dishes, enough to feed a small army with enough leftovers for the next day.

One of my favorite dishes is enchiladas/fajitas with fresh guacamole, tortillas to dip, and a side of rice.

Homemade guacamole is the secret as store-bought never tastes nice. And you can't forget the sour cream.


I don't know how Mexicans would compare my dishes with authentic Mexican fare and I hope I don't send anyone reeling with my version.

These dishes take less than an hour to prepare and about 20-30 minutes in the oven. It's quite simple and even my kids will eat it.

I cheat and use readymade sauces like Old El Paso or Discovery sauces. When cooking for my family, it's about knowing how to sneak in extra things for the kids to eat, like vegetables. It's hard to hide vegetables in a fajita since you wrap the meat and veg in a tortilla wrap and just eat it but in an enchilada it gets covered in sauce and cheese and everything softens so it's much easier for the kids to eat.

I'm not very good with measuring things, unless I'm baking a cake where measurements are crucial, so the following is a guideline.

Also, with enchiladas you want to ensure that there are at least 2-3 wraps available per person, but with a dish like this, approximately 1 per person is more than enough. I recently made a dish with 5 wraps with one to spare in a smaller dish to give to my father-in-law and we still had left overs for the next day.


Here is a rough guide to what you'll need: 



Ingredients for Enchiladas

- 1 package of de boned/skinned chicken breast/thighs. (approximately 2 pounds) (I personally like a mix of dark and white meat.)
- 2-3 jars of Old El Paso enchilada sauce or your favorite brand
- 3 red and orange peppers
- 1-2 large onions
- 1 large bag of grated cheddar cheese (use half for in the wraps and the other half to top it off)
- 1 can of re-fried beans
- 1 package of Tortilla wraps (6-8)
- Chopped spring onions for garnis (optional)
- 1 jar of your favorite salsa or fresh salsa
- Olive Oil
- Guacomole
- 1-2 ripe avocados
- 1 lemon
- 1 small white onion
- 1 small pkg. of Philadelphia cream cheese
- Salt, pepper and Mexican spices
- Preheat oven to 350 degrees
- 1 large baking dish
- Uncle Ben's Mexican rice, sour cream, tortilla chips.

Cooking Instructions

1. Cut the chicken (or beef steak) into thin strips. To save time you can use store-cut strips of chicken. Fry the meat in some olive oil until cooked through and brown. Transfer to a pot and pour in the jars of sauce. Bring the chicken and sauce back to a boil and reduce heat. Let it simmer for 5-10 minutes.
2. In the meantime wash and slice peppers and onions. Fry in the same pan you set aside with a bit of olive oil. Keep moving the vegetables around and cook until softened but not brown. Remove from heat when done.
3. Take a tortilla wrap and spread a large spoonful of the re-fried beans down the middle. Then add chicken, with sauce, add vegetables, sprinkle with cheese and fold over. Place in pan, fold sides down.
4. Repeat until all the tortillas are used up. Make sure to reserve some sauce to use as topping. I usually fit five in one large dish and make a spare small dish to give to my father-in-law. If you don't think you will be eating it all in one meal, you can split the amount and make a second dish to freeze or refrigerate to bake the next day if you don't like reheating left overs.
5. Cover the enchiladas with sauce. Try to cover as much of the tortillas as possible as any visible edges will dry out.
6. Place in the oven on the middle rack for 20-30 minutes. I check it to make sure the sauce at the bottom and middle is bubbling. You can add the cheese before you put it in the oven but I find that it burns by the time it comes out. Instead, I take the dish out halfway through cooking, top with remaining cheese and spring onions and finish cooking.
7. While the enchiladas are cooking, I make the guacamole.
8. Scoop the avocado flesh into a large bowl. Mash with fork or food blender. Add enough cream cheese to your liking and blend until smooth. Squeeze in some lemon juice while blending it all in.
9. You can chop your onions very finely if you like to have the bits in. Or if you have a hand-held food blitzer, I blitz the whole mix with onions for 2 seconds and then blend it all in with a spoon.
10. Season to taste with a bit of sea salt, pepper, onion powder, cumin, cayenne pepper if you like it spicy and some paprika. You can also use a Mexican seasoning ready mix and add to your liking. Give it all a final mix and transfer to a serving dish and garnish with spring onions.
11. I cheat and use Uncle Ben's ready made Mexican Rice. 1 bag is usually enough for 2-3 people. You can either microwave or boil in the bag if you don't like using the microwave.
12. Cut the tray of enchiladas like you would cut lasagna and serve with rice, fresh guacamole, sour cream and tortilla chips. 

Write to recipes@unification.org
with your comments on this section.



REVIEWS

MOVIES



Cathlene Bell

Cathlene Bell is double majoring in Communications and Peace Studies. She strives to fuse our nation's love affair with movies and our movement's values to show how film can be a powerful tool in expressing God's word.

The Peaceful Warrior (2006)

Based on the book by Dan Millman

Directed by: Victor Salva

Staring: Nick Nolte, Scott Mechlowicz, Amy Smart, Tim DeKay

Rated: PG-13 (for sensuality, sex references and scenes of injury)

Running Time: 120 minutes

While at times the notion of health can be something as simple as whether the leaves on our plant are green or brown, often it is a force that extends beyond our current understanding. Thus, one might wonder, "What does health mean? What comprises it? Where does it start, and where does it end?" The following film presents the idea that health is about so much more than our bodies, and that true health cannot be attained without inner spiritual and emotional health.


Dan Millman, a student at University of California Berkeley, believes he has the complete package. Or at least, almost complete, he hasn't qualified yet for the upcoming Olympics in Men's Gymnastics, but at this point, it seems inevitable. When a midnight run to a local gas station convenience store leads Dan to meet a man he calls Socrates, Dan's life is thrown into a bold course of change. When he resists that change, his life throws him the curve ball that will force him to choose between life and living death.

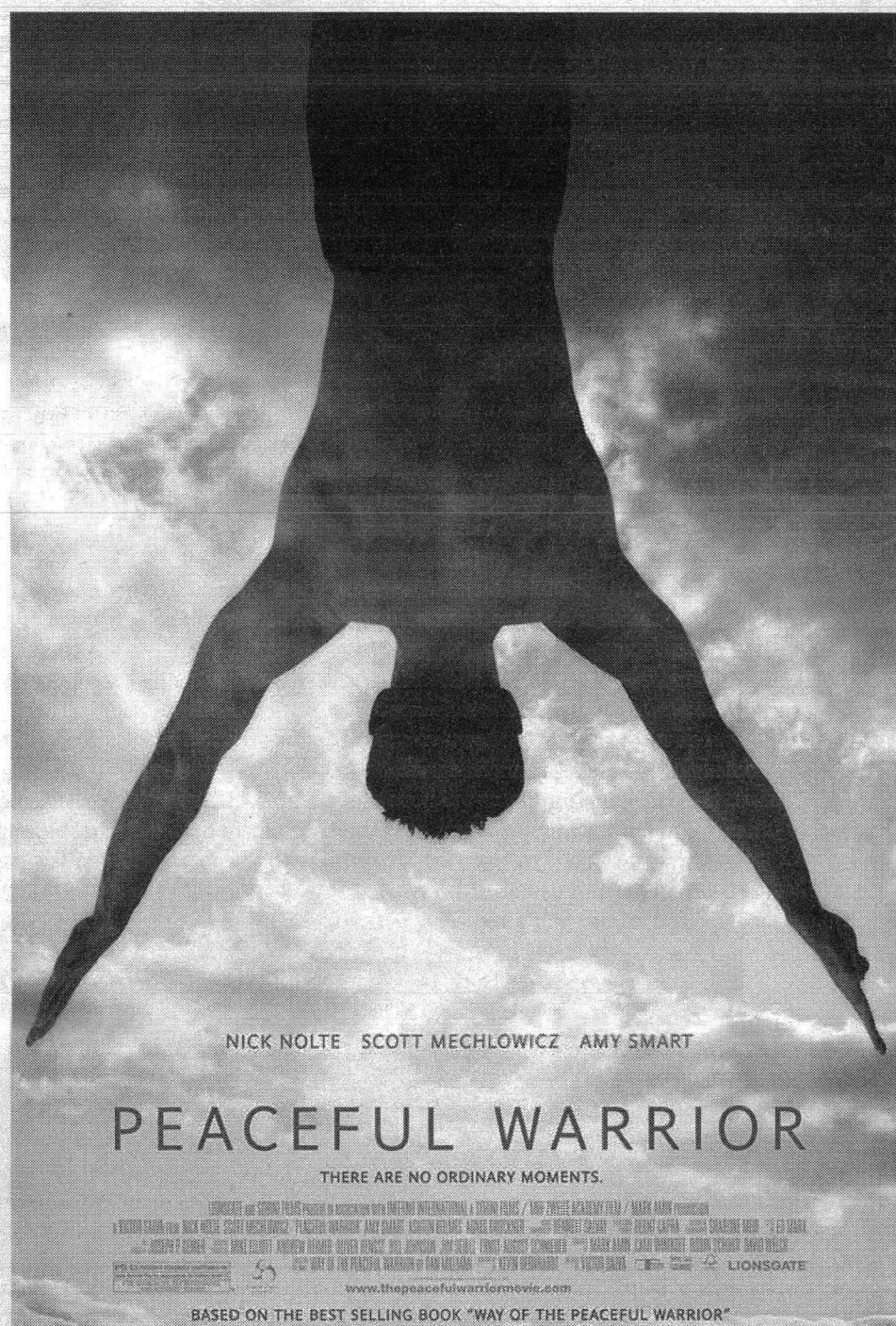
For much of the film, Dan's understanding of health, indeed, of life is largely comprised of the physical. As a result, his hunger for external markers of success, such as his reputation, his body, his active sex life, his medals and Olympic qualifiers eat away at the few strands of true success he actually has. His potential for greatness at a sport that requires the marriage of internal and external excellence is sabotaged by his quest for glory. This is depicted onscreen during his reckless attempts to break current records, which eventually leaves him with little support from his friends or his coach.

Thankfully, Socrates steps into Dan's life and provides him with the opportunity to view his life under new, self-imposed circumstances. However, Dan, like many of us, continually avoids facing the deeply rooted crossroads of his true journey of inner development, and therefore misses out on many of Soc's key points. Ultimately, life itself pushes him to face that crossroads. Faced with choosing between the two options of worrying how the past will affect the future, and letting the present moment be what it is, an injury catapults Dan into a state of virtually inescapable mindfulness of the present, something which he could not initially allow himself to learn. In the end, Dan's journey towards becoming a Peaceful Warrior is an example that we can follow, regardless of what sorts of challenges we face.

Discussion Questions

1. Place yourselves in the shoes of the film's director, Victor Salva. Once a convicted criminal behind bars, he claims that the messages within Millman's story motivated him to change his life, and subsequently make this film. As a family, take time to research Salva, his career, and his crime. Discuss Salva's course, and consider what specific messages may have helped him to begin the process of repentance and restoration.
2. What do you think the character Joy represents in the film? Did you feel that she was a worthy (or even necessary) inclusion in the plot?
3. Peaceful Warrior suggests that part of being mindful is learning to be vulnerable. What are some things you have difficulty being vulnerable about? What would it take for you to let yourself let go?
4. Consider Dan's battle on the tower. In what way do you think this could be related to the "take out the trash" concept? What things do you think you might need to rid yourself of to reach your full potential as a Peaceful Warrior?
5. What do you think the recurring images of shattered matter means to Dan? Is that which is shatters only physical?

As Peaceful Warrior suggests, it is in our best interest to consider that health may be about more than what vitamins we are taking, or what our Body Mass Index is. Perhaps, as the film invites us to believe, our ability to survive on this earth depends on our ability to survive and indeed, as Maya Angelou says, to thrive beyond the confines of mere physicality. 



Stones Into Schools

Greg Mortenson



Reviewed by Susan Bouachri

If it's been a while since you've read a really good book—a book that had you looking forward to a few quiet minutes so you could pull it out and read—then I've got one to recommend!

Stones into Schools by Greg Mortenson picks up where *Three Cups of Tea* left off. I happened upon this volume first, and I don't feel there was anything missed by not reading the books in order.

In 2003 Greg Mortenson made the move to take his girls' school initiative from Pakistan into Afghanistan. Many warned him against it. After two decades of war and Soviet occupation, followed by another decade of Taliban domination, life in Afghanistan has not been "ordinary" for over a generation. The schools that were revived after the Soviets were kicked out were all but shut down by the extremist Taliban who set up their own *madrassas* as recruiting facilities for new members, schooling them in the extreme ways of fundamentalist Islam. Girls schools were forbidden and women and girls were forced to go underground to continue any semblance of education.

Why do Greg Mortenson and his organization, Central Asia Institute (CAI), focus on the education of girls? An old African proverb says, "If you teach a boy, you educate an individual; but if you teach a girl, you educate a community." This saying reflects the fact that often boys educated in rural schools leave the village to seek work in a larger, urban center whereas an educated girl stays within the community and typically works to better her own lot which includes that of her future children and extended family.

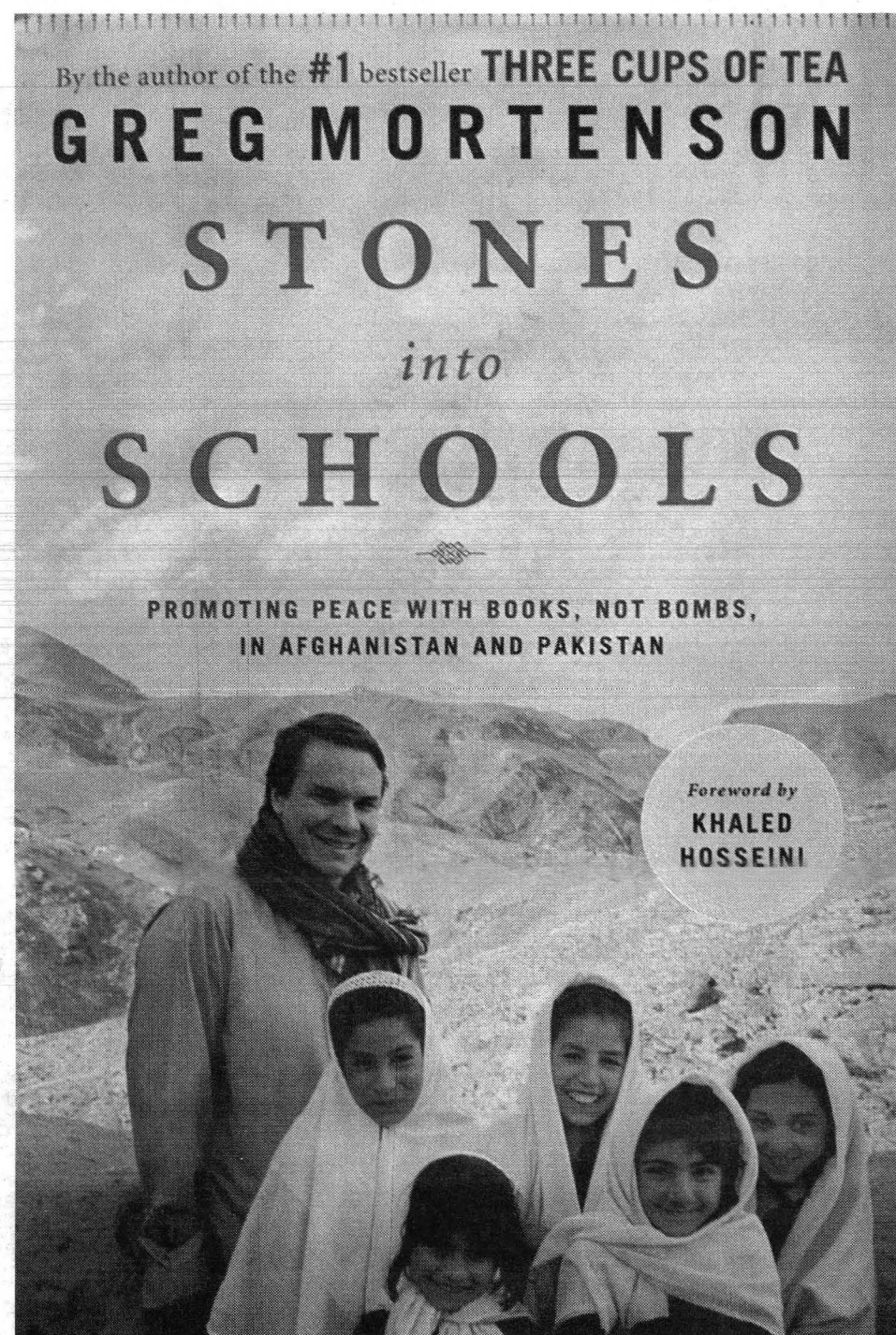
Mortenson presents statistics from the World Bank that show just one year of primary school increases income 10 to 20 percent for women later in life. A number of studies show that in communities where a majority of the girls are educated through fifth grade, infant mortality drops significantly after a single generation. It is the CAI's belief that female literacy represents the best way forward for Pakistan and Afghanistan, and the best guarantee that future generations will be able to resist the call to violent jihad because, with an education, they have more options available.


One section of *Stones into Schools* deals with CAI's response to the massive earthquake that rattled the Neelum Valley in Pakistan in 2005. The stories the author includes put names and faces on the disaster that you and I listened to as a news story from some distant part of the globe.

Another section of the book details the unlikely development of CAI's relationship with the U.S. military. Both books frequently mention that CAI has never taken grants or other offers of assistance from the U.S. government. A veteran himself, Mortenson respected the men and women of the military, but disagreed with the tack he saw the U.S. taking in Afghanistan and Iraq due to the high civilian death toll and destruction. However, his first book, *Three Cups of Tea*, became a popular read among military wives and in 2002, Mortenson was invited to speak at the Pentagon by a general whose wife had advised her husband to read it. Deciding to be respectful, but speak his mind, Mortenson shared a harsh message with his audience of military commanders: "I'm not a military expert . . . but as best I can tell, we've launched 114 Tomahawk cruise missiles into Afghanistan so far. Now take the cost of one of these missiles about \$840,000. For that much money, you could build dozens of schools that could provide tens of thousands of students with a balanced, nonextremist education over the course of a generation. Which do you think will make us more secure?"

Though Mortenson figured his message would be dismissed, he was contacted later by an army captain who had served in Afghanistan. Among other things, the captain wrote that, after seeing the reality of life on the ground in rural Central Asia, he could see how the schools of CAI offered the children there a good alternative to the radicalized *madrassas*. "What can be better than a future world made safe for us all by education? The CAI is now my charity of choice."

This began a new relationship between CAI and the U.S. Military. Even though *Three Cups of Tea* was never meant to appeal to a military audience, it was made required reading for those in terrorism/counterinsurgency training. At one point LTC Chris Kolenda of the U.S. Army contacted Mortenson and put into motion the building of a school in Northern Kunar, a particularly harsh area of Afghanistan where no other NGO had previously ventured. By 2006 Admiral Mike Mullen, along with veteran Commandhan (commander) of mujahedeen in the area, Wohid Khan, came together to dedicate a new CAI school in the area. After a speech



by Admiral Mullen, Khan was asked to offer a few remarks. "In our country, our people have suffered through three decades of war, and as you know, many of our fellow mujahedeen have died in these hills and mountains," he began. "We have fought hard and we have paid dearly. A wise man from my home once told me that these mountains have seen far too much suffering and killing and that each rock and every boulder you see represents a mujahedeen who died fighting either the Russians or the Taliban. Now that the fighting is finished, it is time to build a new era of peace, and the first step in that process is to take up the stones and start turning them into schools." 

Write to literature@unification.org with your comments on this section.

The Right To God

Ron and Jennie Dugan

reviewed by **Diana Santelli**


Not so long ago, I experienced a deep pitfall in my life of faith. I couldn't seem to pray or to feel much when I did. Even though I knew I needed to straighten things out with God, the process seemed too complicated, too long and too involved. Tomorrow always looked like a better day to start over and to right my many wrongs. The problem was, the longer I put it off, the worse the feeling got. The cycle of guilt and blame kept me from taking that first step towards reviving my relationship with God and crawling out of the ditch and back onto the path towards bringing God into my life. Eventually, I got myself back to a safe starting point, but I knew that somewhere, someone else could be experiencing the very same thing I was. That's why this month I wanted to find a book that addresses the issues of spiritual health in a very honest and back-to-basics approach. I found just that in a little book entitled, *The Right to God: For Everyday People*, co-authored by husband and wife team Ron and Jennie Dugan.

A little over 100 pages, the book is broken down into chapters that define our rights as God's children, followed by an uncomplicated explanation of each definition and how to apply them to our lives. Discussed are our rights to God, to forgiveness, to prayer, to give, to be blessed and a chapter on how to recognize healers those who help us advance along the path to God versus falsifiers, "people who accuse others of wrong behavior so they will feel small and increase their own sense of authority, rather than God's." And while the topics of the chapters may seem elementary or something you've heard perhaps many times before, it is sometimes truth in its simplest form that knocks you over the head and reminds you that one needn't be perfect to go to God, one just needs to go.

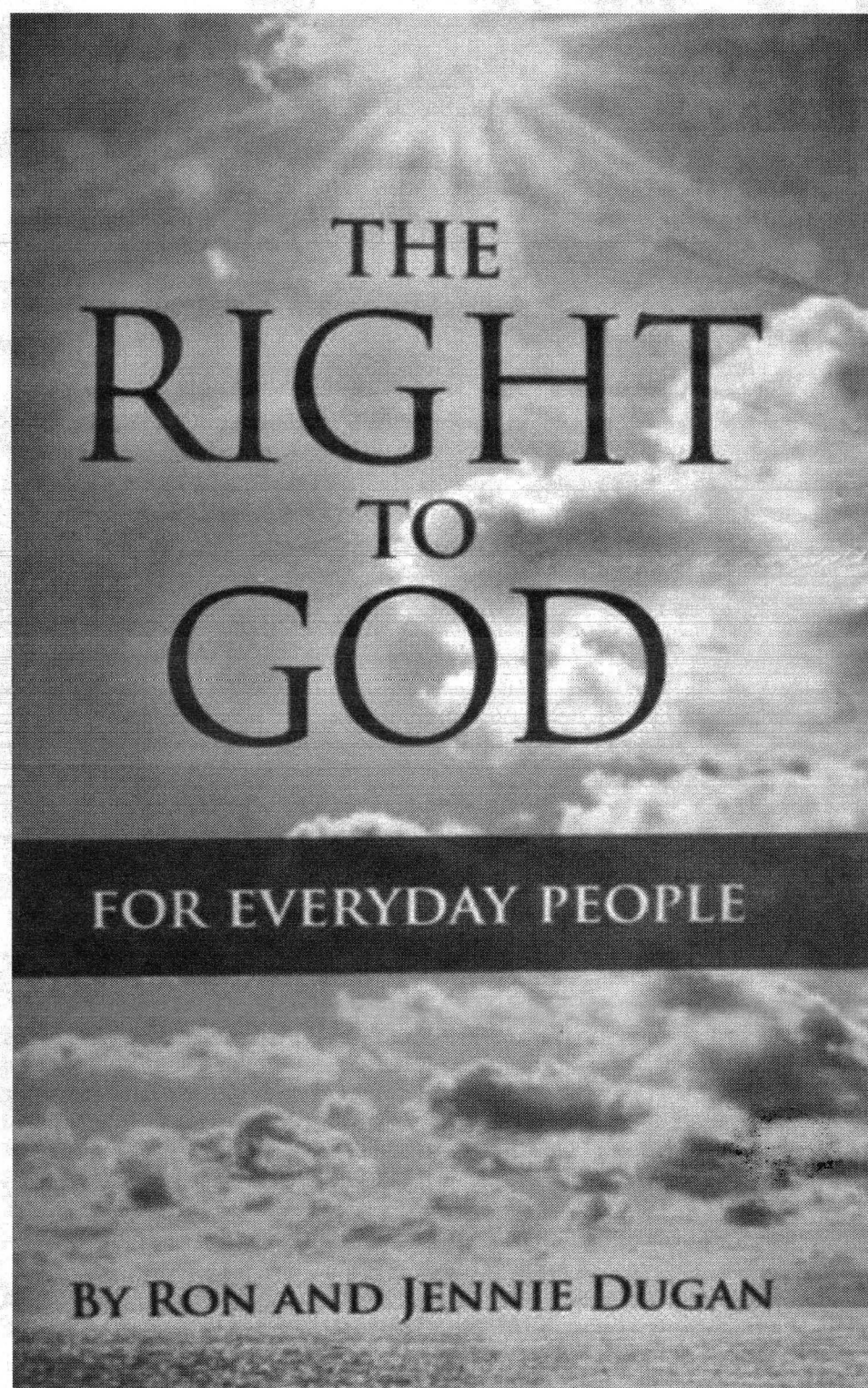
Before reading the book, I was worried that an excess of Bible quotes, which are often used in Christian writing as the final word on a matter, would keep me a bit distant from the text. However, I found the authors' use of references to the Bible, both the Old and New Testament, are all clearly deciphered and are reasonably and sensibly explained and used to support their ideas, without a heavy Evangelical undertone that can often be a deterrent to those coming from a religious text other than the Bible.

The habits we've developed that prevent us from connecting with God are outlined from the excuses we use, the false faces we show, to living life in excess rather than through the lens of abundance. Despite all this, I felt that the authors' intention in writing was to remind readers that even with all the things we do that pull us away from God, there are things we can do to move us closer to our Heavenly Parent.

Father Moon is often teaching us to take responsibility in the world and to become true owners. I think that to many, that translates into taking everything onto our own shoulders, no matter how heavy or impossible (in human terms) the task. An often-overlooked idea of which the authors remind us (as obvious and overstated as it may seem), is that "through God all things are possible." This tiny little phrase, "through God," however, is too often left out and replaced by our own names. Upon reflection, I think many people can relate to the error of not trusting God enough to let him work or even making God the last resort when everything else you've tried hasn't worked, rather than asking God for guidance from the beginning on and working together with Him.

The Right to God is a book and an idea that needs to spread. This thin paperback is a treasure trove of ideas and little gems that can assist each of us, wherever we are in our life of faith, from the deepest of ditches to the highest of peaks, further along our path to inner peace and towards the goal of becoming true children of God. 

To learn more about the book or the authors, or to purchase a copy for yourself, go to www.righttogod.com.



The Messiahship of the Lord

Christian Nseka

reviewed by Molly Martin

Christian Nseka's *The Messiahship of the Lord: Introducing a New Perspective on the "Resurrection" of Jesus Christ*, according to the author, is centered on the task of the Messiah, which for those calling themselves Christian revolves around Jesus and His return or Second Coming.

This work, consisting of 200-plus well-written, heavily researched pages, is divided into five chapters. Nseka delves into The Heart and the Mission of Jesus Christ, The Messiahship of the Lord, A New Perspective on the Crucifixion of Jesus Christ, A New Perspective on the "Resurrection" of Jesus Christ, and The Second Coming of the Messiah.

Nseka explains how his book came about: "This book is a compilation of my life experience with God, His will and His word. It is not written to convert anybody; it is written to enlighten the reader about the mission of the Messiah centered on Jesus and the Second Coming, and also to enlighten the reader about God's word and will, and humanity's responsibility in relation to the Messiah.

"Using the inspirations I have received from heaven together with my humble understanding of the Bible and the teachings of the Unification Church, I have put together this book to help anyone, Christian as well as non-Christian, religious as well as non-religious, to understand the mission of Jesus, his heart, his Messiahship, his rise from the dead, and more."

I liked that Nseka stated early on that his book was not written with a view toward converting anyone to or from the religion they hold dear, but is written to provide some clarity for readers who may hold strong beliefs, but may not really understand how others who also hold strong beliefs fit into the scheme of things.

I found *The Messiahship of the Lord* to be very understandable, attention-grabbing and packed with the results of the writer's investigation.

In addition to the perceptions presented in the five chapters, Nseka has added appendices, as well as a very helpful index listing the page(s) where a specific person, concept, thing, or place can be found.

Nseka presents not only a tie to Christianity, but also provides the reader with passages from religious writings of Judaism, Islam, Buddhism, and Hinduism all pointing to the idea that the world's major religions embrace deity in one guise or another in addition to having a concept of Messiah. From earliest days, people have sought to explain what they cannot easily explain via the belief in deity and in Messiah, whether Messiah is referred to as Avatar, Bodhisattva, Christ, Imâm, or Maitreya.

Nseka shows that the perception of Messiah is a common theme. The term Messiah is generally linked to Christianity through Jesus wherein the Messiah is the chosen one, anointed by God, whose purpose is to liberate the human race as the world is freed from the grasp of Satan.

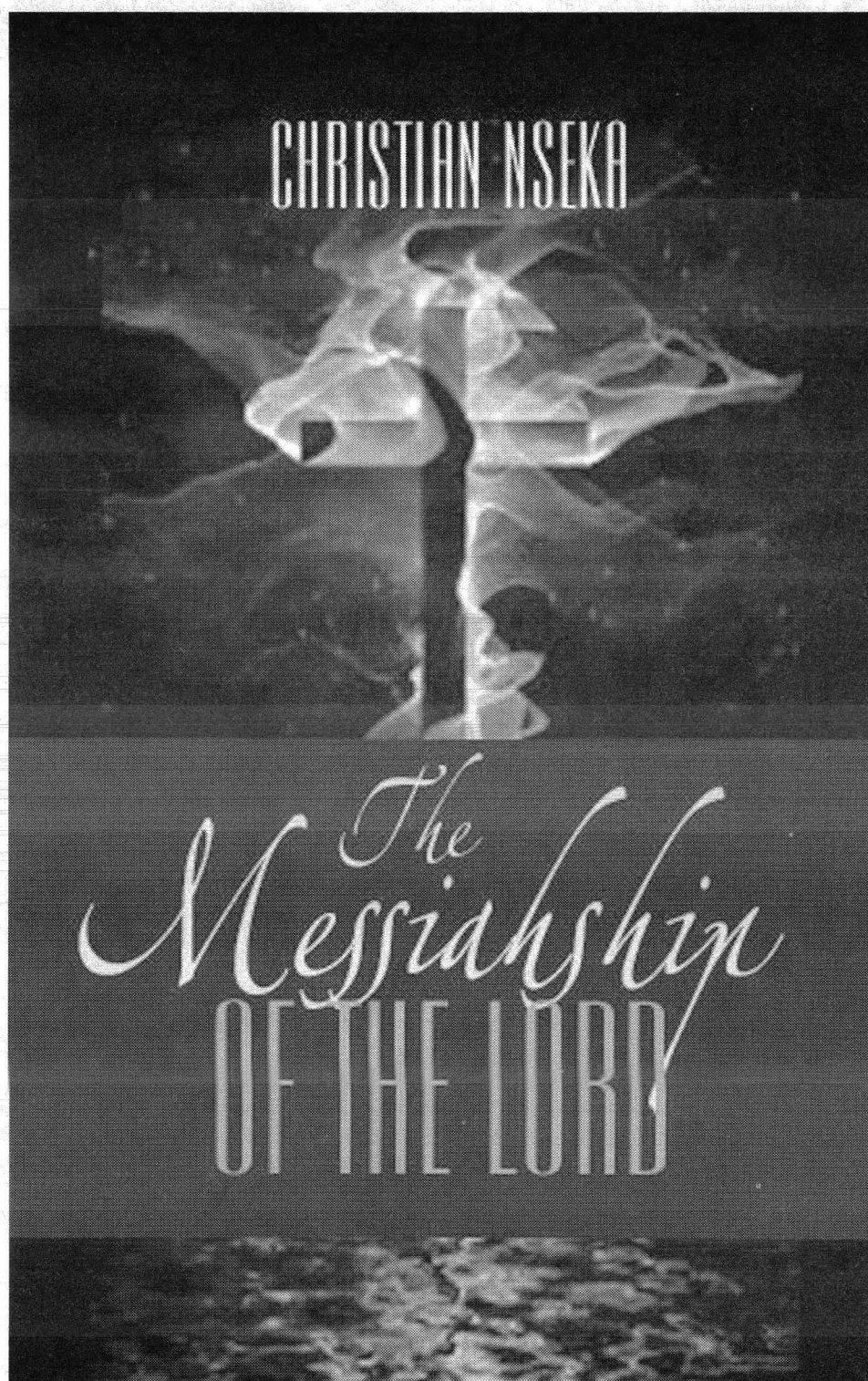
It is Nseka's belief that Christianity should serve as a bridge between Jesus Christ and other religions.

A good bit of the work deals with what Nseka terms to be connection of the heart, the role it plays, and why it is important. Connection of the heart, according to Nseka, is the providing of indispensable, perhaps even obligatory, as well as categorical support when it is critically needed.

I enjoyed reading *The Messiahship of the Lord: Introducing a New Perspective on the "Resurrection" of Jesus Christ*. While the writer Nseka is a believer in Jesus as the Messiah, the book is written in such a manner that whatever his religious background, the reader will be able to read and understand each of the various concepts, including the role of the disciples and apostles who followed Christ, the earthly mission of Jesus Christ, the Messiahship of Christ, another perspective regarding the Crucifixion of Jesus Christ, another perspective regarding the revivification of Jesus Christ, as well as the return of the Messiah, put forth by Nseka.

I am happy to recommend Christian Nseka's *The Messiahship of the Lord: Introducing a New Perspective on the "Resurrection" of Jesus Christ* for those who would like another perspective regarding Jesus, Messiah and religion in general, as well as for those who are avid Bible scholars and enjoy learning more about their own and other religions, and how and why various religions may have come to their own understanding of Messiah and the impact of Messiah upon all humanity.

Write to literature@unification.org with your comments on this section.



IN MEMORIAM

SUSAN H. OLIVER

On August 16, 2010 our dearly beloved sister, Susan Hughes Oliver, wife of Berlin Oliver, and mother of Nessia, Abelin and Beaumont, passed quietly in her sleep. Susan had been battling cancer for 10 years. Susan joined our Unification family in 1968 in California. In 1972, True Father sent her to Minneapolis to begin her mission as the first State Leader of Minnesota. Many members joined over the next three and one-half years.

Susan also worked on Capitol Hill in Washington, DC, doing witnessing and public relations. In 1982, she was blessed at Madison Square Garden. To her great joy, all three of her children are also blessed in marriage. We celebrate Susan's wonderful faith and heart. Our dear sister will be remembered for the great love she showed to so many of her friends and family. We love you, Susan!

From Reverend Carl Swearson, District Director for Minnesota and North-Central States

Susan and I had met in 1973 when she was on a mobile missionary team who visited my Columbus, Ohio church center. Like Dan, I noticed what a remarkable young woman she was, full of energy, creativity and verve. I loved the way she tossed her head when she said something serious and I loved her giggle and the way her shoulders would hunch up when she laughed out loud.

Susan, Kay and I lived together in DC with the Capitol Hill PR team for our movement, 1979 - 80. Susan and I got into an argument one night and my smart mouth made her really angry, and she chased me around and around the dining room table until we were both worn out and we finally ended up laughing and couldn't really remember why we had fought. She was feisty and fun and challenged my limitations in a good way to make me expand my concepts about myself and others.

We all suffer in many different ways. Susan had more than her share, yet she always carried her burden with dignity and determination. I am very grateful to have been her friend. God bless you Susan and all who love you.

Susan Fefferman

My fondest memories of Susan are also my oldest memories of her. I first met her and Sister Kay when they were just 17 and 15 years old respectively. Back then, Susan reminded me of a young thoroughbred filly, so full of feminine energy and grace. Her intelligence also strongly impressed me. She was an excellent student and a gifted spiritual teacher.

Early on, she and Kay presented me with one of my first crises of conscience. The first time any of us had seen the Reverend Sun Myung Moon, I had promised their mom to get them home by midnight. But his speech went way beyond that. But my conscience told me it would also be a sin to break my promise to their mom. So leave we did. I still remember the excitement when Sue got her mom's blessing to move into the church center.

In later years I watched Sue more from afar, as she became a missionary, church leader, and elder in her own right. I saw her grace mature into that of young woman and her intelligence develop into wisdom. But her grace was most evident in her motherhood, and the way she responded to suffering, as I'm sure others will attest more than I.

Dan Fefferman:

I met Susan Hughes Oliver in Berkeley in the Fall of 1968. She was a high school senior, and her brother had told her and her sister, Kay, about the Unified Family. He asked me to teach them the Divine Principle. So every week I'd go to their house, or they'd come to the center.

Susan and Kay -- whenever they came to the center, the walls would ring with laughter, and the others commented on it. I didn't fully realize the importance of beauty, and the deep feeling of joy, until Susan and Kay came along. Teaching them brought me so much joy, and their response was pure beauty.

Susan was impatient to move into the center. She became active in center life and a full-time university student. She was out there witnessing, teaching, even helping to run a center. She could do almost anything: she was a good communicator, and made a strong impression on everyone she met. She was never a doubter in her faith, which was deep, yet as innocent as a child's in her love for her Heavenly Father.

In 2001 I went to Korea to participate in a 21 day women's meeting, and on the first day, to my great surprise, I found Susan there. We cried and embraced. We became inseparable during those 21 days. Seeing Susan in full swing, with her family, in her job, with her friends. She was always joyous, full of fun and carefree, never down or depressed, watching out for those who might be suffering.

Godspeed in your new mission, Susan. You are now free from your suffering and free to be close to your Heavenly Father, and free to explore new horizons.

Helen Subrenat



Susan H. Oliver

My Beloved Sister, Beautiful Sue, we were a strength to each other and we loved and helped each other all our lives. It is hard to look into the future here on earth without you. In your beauty and purity God has called you for something special, that is for sure. Even though we may feel pain now at your leaving, we cannot suffer long because God does all things with the heart and hand of love for the greater good. And it is a peace to us knowing that you are there with Him. May we make you proud my precious sister. I love you forever and ever dearest faithful friend.

Katherine (Kay) Hughes Benson

Oh Susan, what a wonderful and God centered sister you turned out to be. When I joined our Church, about the same time as you and Kay -- I had only two brothers at home. God promises us that if we try to follow His will, we will gain our True Brothers and Sisters--those who do the will of the Heavenly Father. You were "toots" and Kay was always "peach" and toots and peach it was, even after we met many times over more than 40 years. I marveled as you "grew up". You walked this earth as a very mild and humble person, but we all found out that God actually had a tiger by the tail when, with Love, he chose you.

Your inner strength became so amazing. I remember attending State Leaders meetings and you often beat the mostly male leaders with your efforts to move God's Providence forward. I sat there and marveled at how powerful this little sister of mine had become. I was saying to myself--"You Go Girl!"--and you did just that! We all know you had more hardships on this Planet than about 95 percent of everyone else. But you met these hardships head on and just strengthened your relationship with God and marched forward with brightness and positivity in your heart and spirit. I'm so proud to have a sister like you--I just hope and Pray you will put a good word in with God and His closest helpers so that your older, crazy, Italian Brother can be somewhere near you in Heaven. Until we meet--

I Love you Sister Susan--Thank you for all you are

Mike Leone

40 MONTHS IN THE LAND OF 10,000 LAKES

Susan Oliver's letter to our Senior Pastor, when In Jin Nim visited Minneapolis in January, 2009

Susan H. Oliver

I was assigned to Minnesota by True Father in December, 1972. At the time, he assigned me, I was in Berkeley California attending my brother's funeral. He was only 24 years old when he died tragically, and I was 21. We had just completed a Day-of-Hope tour on the One World Crusade bus team, and Father needed some new state leaders in various states.

I was grieving for my brother, and battling a vicious virus, while running a fever. However, once I was assigned by Father, I felt I shouldn't wait to go to Minnesota. It would only give Satan more time to do his thing. One night, I quietly left the Berkeley center a few days after Christmas, totally alone. I had to leave my grieving Mom and sister behind.

The journey took several days due to dangerous inclement weather. I was still sick, eating only cucumbers, yet I felt an invisible wall of protection around me, like I was traveling with angels. The horrendous snow storms delayed travel, and at one point I changed from the bus to the train back to the bus again to get there. It was Minnesota or Bust for me.

I was so thankful to make it to Minneapolis all in one piece, where a single member, sister Betsy O'Brian, was waiting for me. I was fortunate to begin the pioneering work with my assistant, Betsy, who had prepared a little room in a small house for me. Betsy would work for income, while I witnessed downtown and on the campus.

Unfortunately, the shock of the biting cold Minnesota weather was too much for my California-born body. I ended up getting sick for several weeks. Thank God for the help of Betsy who took such good care of me.

I remained in Minnesota as the state leader from January, 1973 through April, 1976 - exactly 40 months. At one point, in the middle of this time period, people were requesting to Father that I be sent to Africa to do missionary work. Father had to refuse three times for me to leave Minnesota. He wanted me there, as it had become one of the most successful states with members joining one right after the other.

It was like a spiritual phenomenon of sorts. I had absolutely no great leadership talents or skills. Teaching the principle was my main "occupation", and the truth sold itself to the people.

The highlight of 1973 was in November, when True Parents came to Minneapolis for the Three-day "Day of Hope" program. Father was scheduled to speak for three nights in a row. I was responsible for all media and public relations. Success was crucial if we were to break through in this state. Father coming through Minneapolis was like a whirlwind Pentecost. The turnout was superb, and

Father couldn't be happier. The media also received Father well. The joy was ineffable when Father proclaimed a victory there.

Victory was mandatory for this 21-city tour, simply due to the fact that Minneapolis was the 11th city, in the exact center of the tour. Its success or failure determined the way the rest of the tour would go. That is exactly how father explained it.


I am eternally grateful for the members of Minnesota that revived this beautiful state through total commitment and dedication. So many who came through its doors, and on to other missions in the country and the world, are imprinted on my heart forever. Of course, I am eternally grateful for the pillars of Minnesota that held me up through difficult, arduous times. These "pillars" were nicknamed the "three archangels", namely Gordon Anderson, Bill Baum and Roy Morgan. (Roy Morgan's beautiful daughter is now married to my son.)

I truly often felt as though I was "Eve" restoring the lost Garden of Eden, in the land of 10,000 lakes. No doubt, without the support of key members, along with the archangels, such as John Foss and Dorothy Percic (Hill) (to name a few more), we would have fizzled into the sunset with little foundation.

The key to success in Minnesota during those 40 months can be summed up in one word: Unity. May God bless Hugh and Nora Spurgin who were assigned as the IOWC leaders in MN during 1973 - 1974. We created a loving family atmosphere that surely had something to do with drawing people. One day, in Belvedere, Father asked me if I was getting along with Hugh and Nora. I happened to be wearing a pants suit that Nora had made for me by hand, and I pointed that out to Father. He had such a relief on his face when he realized we were truly as one family. Later, after my 40 months in Minnesota, father assigned Nora as my mentor when I became an Itinerant Worker.

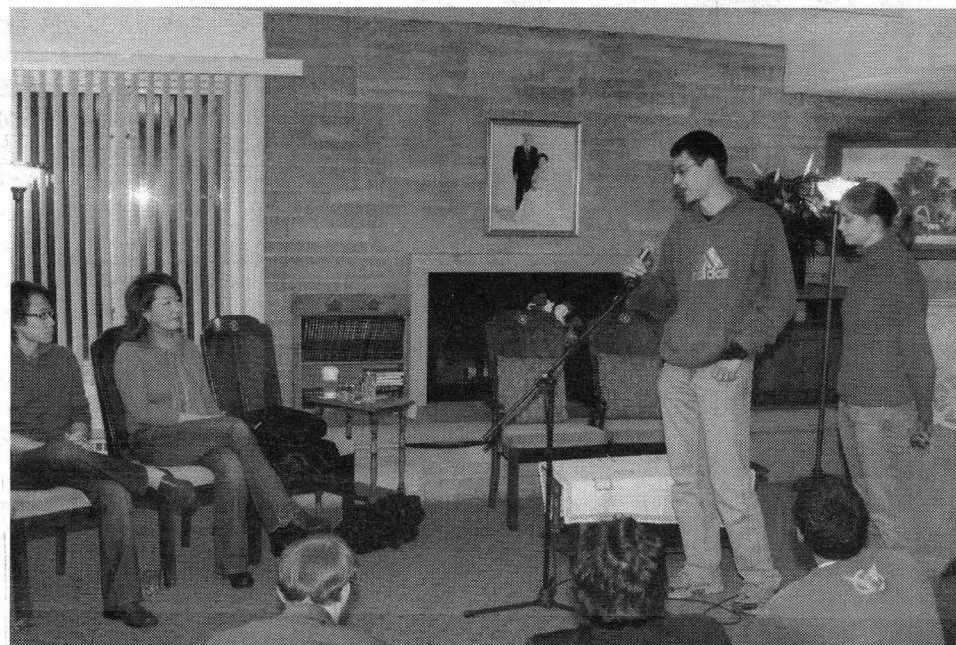
Yes, it was the unity that created the foundation for success. With that unity true love could flow between all of us. Overcoming differences in personalities and learning to respect each others point of view can do wonders in facilitating success.

I will always think of Minnesota as my home away from home. It was a place where key lessons of life, that Father has taught us all along, were experienced at the utmost grass-roots level. With this note, I send my love and prayers to all the Minnesotans that are there now, and all that joined from 1973 on. You are always in my heart!

May God always Bless Beautiful Minnesota! 



Reverend In Jin Moon accompanied by three of her children on at their visit with Unification Church members at the Minneapolis Unification Church Center during the 12 city tour, January, 2009.



A Young 2nd generation Unificationist couple greets Reverend In Jin Moon and offers their testimony in brief; Minneapolis Unification Church Center, 12 city tour, January, 2009.

CONTINUED from page 17

The change came in light of how my individual talents would best contribute to the public value. The spiritual discipline of guidance has to do with submitting one's personal needs, wants and interests for the sake of the public good in the view of God. It is the corporate discipline to be able to unite the body of believers in one direction, and to move each person's heart and life in concert with that.

The Discipline of Celebration

Jesus began his ministry with a declaration of liberation, a jubilee. Our True Parents recently have called us to do the same. In the Hebrew Bible, the year of Jubilee was the year of canceling all debts, releasing slaves, planting no crops, returning property to the original owner, a celebration of the gracious provision of God. The Jubilee year signifies that God can be trusted to provide what is needed. Freedom from anxiety and care is the basis for celebration. The Jubilee year is for a community, a nation, and the entire world to rely entirely on God.

While each spiritual discipline nurtures a unique aspect of our spirit we are awakened to our full humanity and reunited with God through the power of true love. This is why St. Paul emphasized the importance of love in Corinthians and cautioned the early church not to just focus on deeds or disciplines.

The Greatest of These is Love

Larry Dossey, MD, is a physician who integrates both conventional and alternative medicine. He explains that both scientific evidence and his clinical experience point to a significant role for love in healing. In an interview he states that "an abundance of scientific data now show that love is associated with changes in physiology." In a study of 10,000 Israeli men with heart disease, those who felt loving support from their spouse had 50 percent fewer symptoms of angina than men who did not have a loving, close relationship.

Another example of the effect of love on physical health is bereavement, what happens when the object of our love is suddenly taken away. During the first year of bereavement, the death rate in the surviving spouse is up to 12 times higher than that of married people the same age who did not lose a spouse.

How does love work as a healing agent? According to Dossey, we know that love and affection are associated with neurological and hormonal changes. Studies show that when litters of baby mice, as well as newborn infants, are touched and held, this promotes a cascade of biochemical changes associated with immune function, the sense of well-being

and pain perception. It is becoming clear that love and affection are associated with a host of changes that extend beyond the brain to influence probably every organ system in the body. This corroborates the point about healing touch that was previously mentioned.

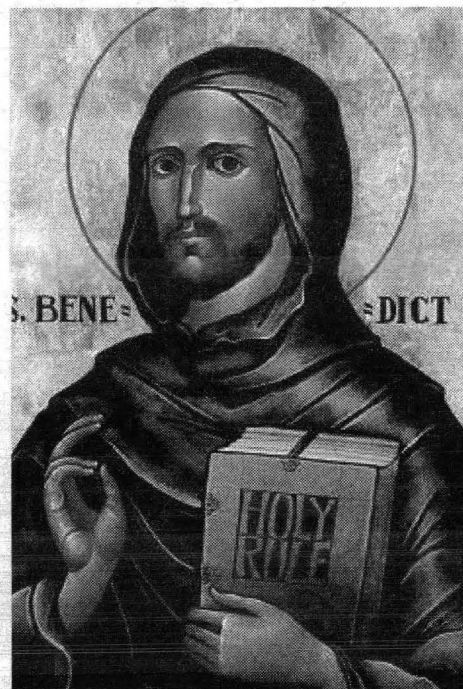
In relation to the spiritual discipline of service, Dossey writes of "the well-known phenomenon of the 'helper's high.' That's the feeling of well-being associated with charitable, empathic, hands-on service for others. Many volunteers say they have never felt physically better or healthier in their lives. Research shows this 'high' is accompanied by an increase of 'feel-good' hormones known as endorphins."

Dossey states that "In the 1980s, I began to look at all the studies I could find that had to do with intention in healing -- that is, the deliberate attempt of physicians and healers to use their wishes and desires to help a patient get better. This often takes the form of prayer. As I explored this area, it became clear to me that the bottom line of intention and prayer was love and caring. According to the studies I was reviewing, it didn't seem to matter what religion people belonged to. What was important in effecting healing through prayer was the love and compassion the healer felt for the person being healed."

Dossey also relates, "Hundreds of studies conducted over the past two decades show that people who follow a religious or spiritual path have a lower incidence of all major diseases than people who do not. They also live an average of seven years longer. Being part of a religious or spiritual community sometimes includes helping people get over illness, taking care of the kids, bringing food, taking someone to the doctor. These are the physical manifestations of love that go beyond just saying, 'I care about you.'"

St. Paul in 1 Corinthians 13 taught that there are many spiritual gifts and spiritual disciplines, but the most important is love. In fact, spiritual disciplines mean little or nothing without love. As St. Benedict wrote in his Rule for Monasteries, motivated not by the fear of hell but by "the love of Christ, good habit and delight in the virtues which the Lord will [consent] to show forth by the Holy Spirit in His servant [are] now cleansed from vice and sin."

Spiritual disciplines lead to spiritual - and physical - health if, and only if, they liberate us to love. Mr. Ryuichi Fujita, a Unification pastor in Los Angeles, teaches wisely about spiritual guidance for parents and pastors: "Sometimes a [church] member who doesn't have such a clear relationship with you might ask to do some kind of spiritual condition... At that time you can say that your condition is to come to [you] for 21 days or 40 days.



St. Benedict

Everyday for one hour we have to sit together and talk." The reason is that if there is no foundation of love and trust, then "even if the member does cold shower or fasting conditions, s/he becomes more selfish."

He is echoing the wisdom of the ages, set forth by our International President, Rev. Moon Hyung-jin, speaking about our attitude in spiritual practice. "Offering jeongseong is not done to inflate our egos. Some people use certain ascetic practices to inflate their self-image. They think that because they know more, they are growing. If we work in that way, we are immediately on the path to the devil. This attitude in offering jeongseong can lead to self-deception. ...If this happens, jeongseong becomes something evil. ...Through the path of jeongseong, we are making the self smaller, and as we grow smaller, God and True Parents within our hearts grow bigger. ...It is very difficult to completely rid ourselves of our ego in offering a bow, and to become completely one with True Parents until 'I' disappears completely."

Spiritual health, finally, is a matter of "love and trust." Pastor Rick Warren of the Saddleback Valley Community Church teaches that great churches are built on relationships, not rules. In this respect, spiritual health comes through an environment in which one experiences love and trust in all its dimensions—as a child from its parents, as a sibling with a sibling, a friend with a friend, a spouse with a spouse, and as a parent or grandparent to a child. This happens in one place: the family. It is so sad that some important spiritual leaders are still not aware that the family, liberated to fulfill

its original purpose by our True Parents, is the base of God's kingdom on earth and in heaven. Let us strive to open the eyes of all people to the glory of God in True Parents. UC

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From the secular viewpoint

- Barbara Bradley Hagerty, *Fingerprints of God: The Search for the Science of Spirituality* (New York, NY: Riverhead Books, 2009)
- Dr. Larry Dossey is the executive editor of the peer-reviewed journal *Alternative Therapies in Health and Medicine* and the author of nine books on health and healing, including *Healing Words* (HarperSanFrancisco) and his most recent, *Healing Beyond the Body: Medicine and the Infinite Reach of the Mind* (Shambhala). The information in this article is gleaned from an article published by TheMarriageLibrary.com, distributed by FreeTeens USA, August 6, 2010, "Science Now Proving That Love Can Heal."

Write to DOU@unification.org
with your comments on this section.

Paths To Success

Exploring the Idea of Success in Higher Education

Everybody wants to be successful. We want the best education, the high-paying job, the house, the car, the family, the dog, but how often do we explore this "road to success"? How many can say they benefit from graduating from a higher education institute? How many can say they are happy in life and have attained the "American Dream?" What we used to know about education is changing as the world is changing. There are more options available to the high school graduate in terms of a so-called "higher education."

Unification News will explore pre-and-post college life in our September-October 2010 double issue. We also will discuss caring for yourself spiritually, physically, and emotionally. If you are a senior high school student, or are a parent of a senior high school student, our next issue will contain information on academic scholarship for higher education, the names and contact information for college advisors, as well as real-life advice from real people on preparing for college life and the life thereafter.

Unification News strives to provide your community with the tools and resources you need to help your families.



Featuring:

Articles by: CARP: Pre-college and Post-college Advice from Real People


Articles on:

- Practical advice and applicable theory for attaining emotional wellness.
- Academic scholarships for higher education, where they are, and how to get them.
- An exploration on the notion of success and why we push each other to attain it

The Body is the Temple of the Spirit

T rue Father has said, "The body is the second self of the mind." Many times in our lives we become overwhelmed with all the things we have to do, all the roles we have to play for those around us that we sometimes forget how important it is to invest in our own wellbeing. Religious people often stress focus on the internal and spiritual and see the physical body as a place of sin, but what I've come to understand is that the body is the temple of the spirit and therefore needs the same reverence, care and investment that our spiritual self does. We must not fill it with garbage and pollute ourselves with negative stimuli; instead, we must inherit a lifestyle of investing the richness of life's offerings into our body and mind: healthy food, exercise, self-control, self acceptance, and self awareness.

Father's point of view is that keeping himself healthy is a totally unselfish thing because he does it so that he may better serve God in his purpose. The body is where God dwells on this earth; therefore, physical health is an extension of spiritual health. It is not unspiritual to focus on the body because when living centered on God, all things are spiritual. Every action and reaction becomes a conversation between you and God. During True Parent's last visit, Father spoke about his experience during the helicopter accident. Father said he found himself upside down, and the only thing that saved him is that due to a lifestyle of exercise and fitness he was strong enough to maneuver himself in a way that would prevent him from falling. I am so inspired by how Father's mind is sharper than ever, how he radiates wisdom and takes the time to use every experience he has to invest in his relationship to God and all of God's children.

For me, working with In Jin Nim has really opened my eyes to the wellness of self; the way she carries herself and expects all of us to present ourselves as sons and daughters of God has empowered me. I feel a joyful responsibility to carry myself as a representative of our movement, our national family, and our global standard. Only when we live a life valuing ourselves as sons and daughters of God can we begin to treat our family, friends, neighbors, and co-workers with the same attitude. Let us practice a lifestyle that will show the world the best of who we are just as True Parents have always, so powerfully and consistently, showed. 

Write to editorial@unification.org with your comments on this section.



CALENDAR JUNE 2010 - AUGUST 2010

Ahm Shi Il 1, 9, 17, 25

- July
- 1 20th 7.1 Jeol (Declaration Day of God's Eternal Blessing)
 - 38th Day of the Celebration of Victory
 - 28th Anniversary of the 2,100-Couple Blessing
 - 38th Anniversary of the 1.8 Million-Couple Blessing of World Religious Leaders
 - 4 Independence Day
 - Otsuka Hirotaka nim's 25th Birthday (solar)
 - Declaration Ceremony for the Liberation of Heaven (2002)
 - Father incarcerated in Seodaemun Prison in South Korea (1955)
 - 5 3rd Anniversary of the Cross-cultural Marriage Blessing Ceremony in the Sacred Reign of Peace
 - 9 Shin-kwang nim's 9th Birthday (lunar)
 - 13 7th Anniversary of the 4th Phase of the 400 Million-Couple Blessing
 - 15 Seoul Peace Declaration (2003)
 - 18 Sung-jin nim & Dong-sook nim's 37th Wedding Anniversary
 - 19 Declaration of the Completion of Rebirth (2008)
 - 20 Father incarcerated at Danbury Federal Correctional Institution in the United States (1984)
 - 22 Shin-ha nim's 12th Birthday (lunar)
 - 24 47th Anniversary of the 124-Couple Blessing
 - 25 Kook-jin nim's 40th Birthday (lunar)
 - 26 Sun-jin nim's 34th Birthday (lunar)
 - 6th Anniversary of the 5th Phase of the 400 Million-Couple Blessing

Ahm Shi Il 2, 10, 18, 26

- August
- 1 (First Korean Church President) Eu Hyo-won's Ascension (1970, lunar)
 - 14th 7.8 Jeol (Declaration of the Realm of the Cosmic Sabbath for the Parents of Heaven and Earth)
 - Hee-jin nim's Ascension (1969)
 - 5th Anniversary of the 6th Phase of the 400 Million-Couple Blessing
 - 4 Hye-jin nim's Ascension (1964)
 - 5 Declaration of the Realm of Life of the Unity and Completed Settlement of the Parents of Heaven and Earth (2002)
 - Liberation of the Moon Clan (1973)
 - 7 Declaration of the Perfection of Resurrection (2008)
 - 14 In-jin nim's 45th Birthday (7.18.65 lunar)
 - 15 38th Anniversary of the Special Ceremony of Prayer for North-South Unification (Day of Unification)
 - 16 26th Day of Total Victory
 - Declaration of the Realm of the Safe Settlement of the Cosmic Unity of the Parents of Heaven and Earth (1997) (lunar)
 - 17 Declaration of God's Omnipresence and Omnipotence (1999)
 - 20 Declaration of the Beginning of the Nation of the Fourth Israel (2003)
 - Father released from Danbury Federal Correctional Institution in the United States (1985)
 - Declaration of the Providential Age of Salvation through Love (1989)
 - 21 Shin-goon nim's 27th Birthday (lunar)
 - Shin-kwon nim's 21st Birthday (lunar)
 - 25 18th Anniversary of the 30,000-Couple Blessing
 - 15th Anniversary of the 360,000-Couple Blessing
 - 27 Declaration of the Perfection of Eternal Life (2008)
 - Third Jardim Declaration (1998)
 - 28 Shin-won nim & Jin-hwa nim's 4th Wedding Anniversary
 - Shin-bok nim & Yeon-seon nim's 4th Wedding Anniversary
 - Shin-Il nim & Shiori nim's 4th Wedding Anniversary
 - Shin-sook nim & Hirotaka nim's 4th Wedding Anniversary
 - 31 Pal Jeong Shik: Ceremony for the Settlement of Eight Stages (1989)

Ahm Shi Il 3, 11, 19, 27

- September
- 1 Declaration of Heavenly Parentism (1989)
 - 6 Hyung-jin nim & Yeon-Ah nim's 13th Wedding Anniversary
 - Labor Day
 - 7 Shin-Ji nim's 16th Birthday (lunar)
 - 8 4.4 Jeol (1998)
 - 9 Shin-Joong nim's 17th Birthday (lunar)
 - Declaration of the Realm of Liberation for the Parents of Heaven and Earth (9.9 Jeol) (1999)
 - Declaration of the Liberated Realm of Cosmic Unity of the Parents of Heaven and Earth (1999)
 - 10 3.10 Jeol (1999)
 - 12 Founding of the Universal Peace Federation (UPF) (2005)
 - 18 Shin-Wol nim's 7th Birthday (lunar)
 - 22 The Chuseok Declaration of the Total Liberation of Resentment (2000, lunar)
 - 24 Declaration of the Transfer of the Authority to Give the Blessing (2000)
 - 26 10th Anniversary of the First Transition of the Three Ages Four-Position Foundation Registration Unification Blessing Ceremony
 - Kook-jin nim & Ji-Ye nim's 6th Wedding Anniversary
 - Hyung-jin nim's 31st Birthday (solar)
 - 27 Ceremony for the Dispensational Turning Point toward Unification (1988)

UNIFICATION NEWS

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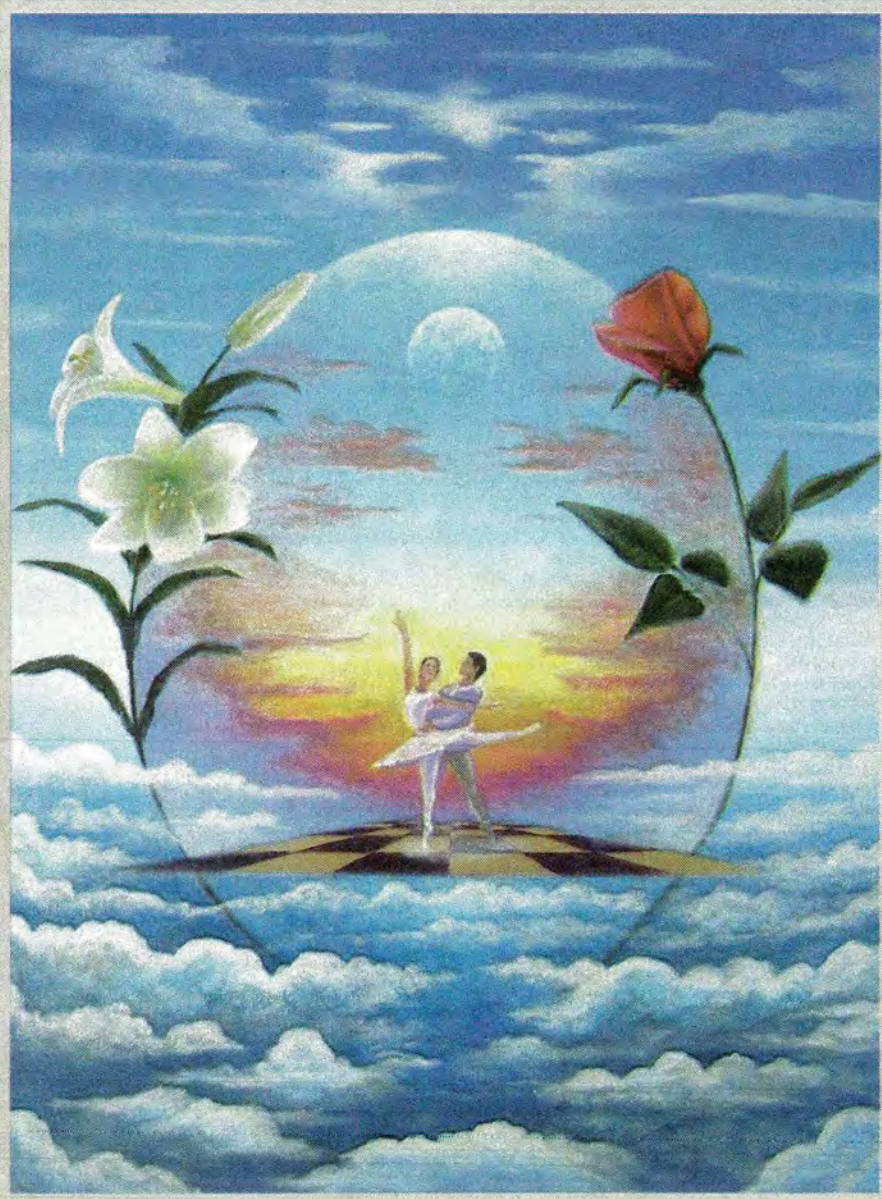
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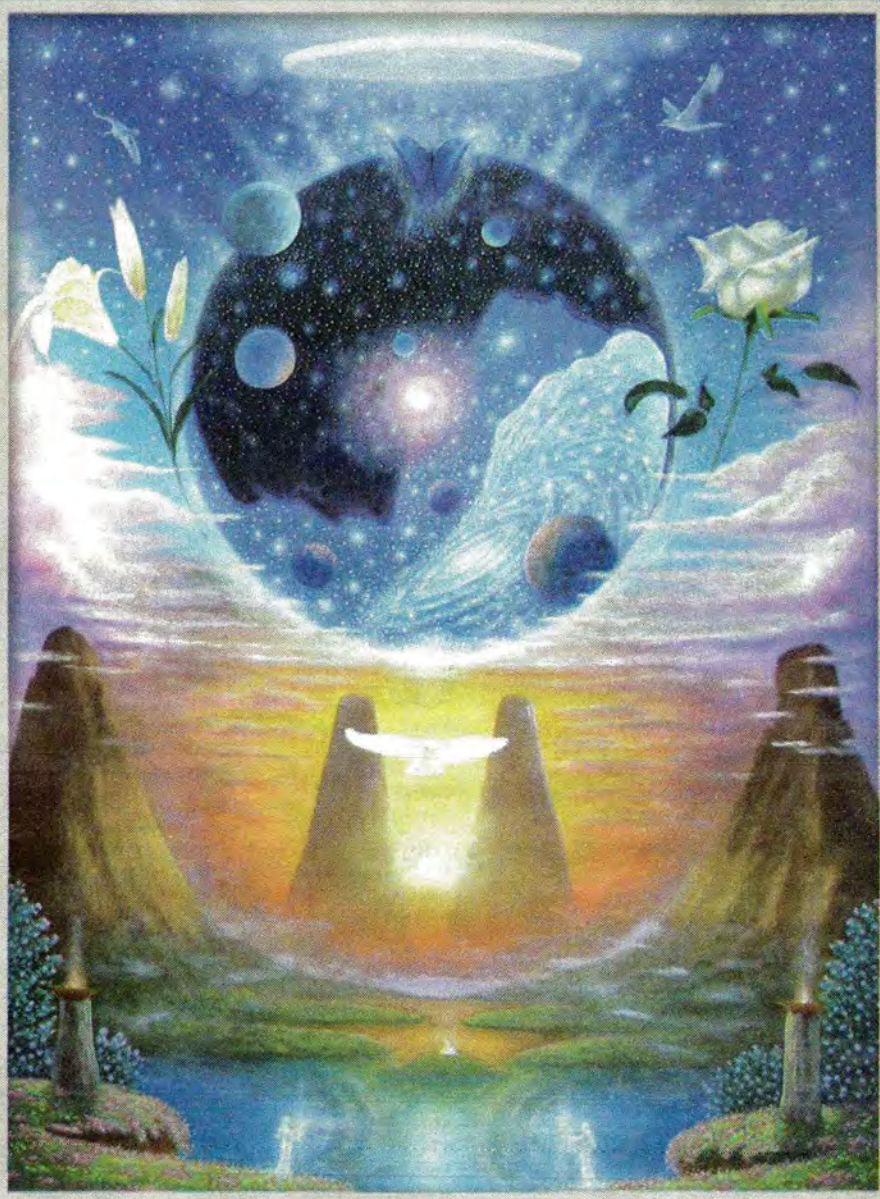
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Artwork by Benny Andersson

To compliment this issue's theme on Health and Wellnes, Unification News presents artwork by Benny Andersson, featured artist for this issue. To read the art review, go to page 38 in this issue.



"Dance of Spheres"
19"x 22" Acrylic on Canvas



"Circle of Eternal Harmony" awarded Best Painting by Manhattan Arts International in a juried online exhibition on the theme of the power of art in healing.
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