

3 General 40-day workshop

The 40-day workshop is an important period to repent for all the sinful deeds we committed throughout our lives, knowingly or unknowingly, and to separate evil spirits that are inside our bodies. Repentance starts from understanding Heavenly Parent's heart and shedding tears for our disloyalty. We must get rid of all our fallen natures and sins. By attending a 40-day workshop we can separate the evil spirits that are inside our bodies and be reborn as the true children that Heavenly Parent and True Parents wish us to be.

The 40-day workshop started from the 40-day special prayer workshop that the elder blessed families who were appointed as national messiahs participated in. True Parents arranged that the leaders attend 40-days first and then later they said, as below, that all members, including second generation need to attend 40-day workshops as well.

"You have to go to Chung Pyung and cleanse everything that has been dirtied through Satan's blood lineage. The standard of being able to receive assistance from the angelic world has to be linked starting with the second generation. Therefore, every second generation without exception has to go to Chung Pyung, and if you cannot have spiritual experiences and cannot know yourself better during a 40-day workshop, you should undergo even 120 days or 6 months of training. All groups that belong to the Unification Church and received blessings, all the groups that have made a relationship with me up to now, there are many people receiving blessings and these people also need to go to Chung Pyung without exception." (Morning Pledge on True Parents Birthday on Feb. 2 1998)

Chung Pyung 40-day workshops that started from these words by True Parents help the participating trainees to develop and become true believers while having amazing spiritual experiences.

1. Workshop Dates

The 40-day workshop is ongoing 365 days a year. The [official schedule](#) always starts on a Saturday and ends on a Wednesday, and it is strongly recommended that you come on these dates because you will be attending according to the flow that has been prepared, but as long as you participate continuously for the whole period, you can start any day of the year.

2. Day 1 and Day 40

- Day 1 - The day you arrive in Chung Pyung can be considered the first day of your 40-day workshop if you attend the evening Chanyang Session starting at 19:15, but if you come late due to inevitable reasons such as flight arrival time, that day can be counted as your first day of the workshop if you participate in the closing prayer which starts at 22:00.
- Day 40 - The official graduation ceremony ends at lunch time, but it can be considered the last day of your workshop if you attend the morning Chanyang Session which ends at 9:30. We recommend you book a flight not on the 40th day, but 1 or 2 days later in case of any happenings. (You need to pay an extra 18,000won per night if you stay longer than your official workshop period)

3. 21-day workshops and 14-day workshops

If it is difficult to attend 40 days straight, it is possible to split the 40-day workshop into two 21-day workshops. If you are a student in middle school, high school or university, it is also possible to split the workshop into three 14-day workshops. You can only receive the certificate of graduation after completing the second 21-day workshop or third 14-day workshop. (This does not apply to the Special 40-day Workshop for Blessed Wives)

4. Registration

Registration is upon arrival so it is not necessary to make any application in advance, but please feel free to contact us by email: cpintl2013@gmail.com if you have any questions before you come.

5. Workshop fee

Please pay the workshop fee when you register upon arrival.

- λ 40-day workshop: 700,000won
- * There is a 10% discount if two or more siblings in middle school, high school, or university register for a 40-day workshop together. (630,000won per person)
- λ 21-day workshop: 350,000won (There is no discount for siblings)

- λ 14-day workshop: 250,000won (There is no discount for siblings)

6. Basic schedule

Time	Contents	Details			
5:30	Wake up	Wake up and wash up			
06:00 - 06:30	HDH	Pledge and Hoondokhae of Chambumo Gyeong			
06:30 – 08:10	Breakfast	Cleaning / Breakfast / Holy Ground Prayer			
08:15 – 09:30	Chanyang Session	Removal of evil spirits			
10:00 – 12:20	Morning: Lectures	DP Lecture, Church History	Faith Guidance, HDH of DP	Special Lectures: Life of Tradition, Original Palace, Life of Faith	Sunday Service, Medical Check-up
12:20 – 14:30	Lunch / Self-Reflection				
14:40 – 17:00	Afternoon: Activities	Film Education, Cultivation of Heart	Cheon Jeong Gung Museum Pilgrimage	Dedication, Yoga Program, Education for Pregnant Sisters	Sports Day, Birthday Party
17:10 – 17:50	Self-Reflection / Shower				
18:00 – 19:00	Dinner				
19:15 – 20:30	Chanyang Session	Removal of evil spirits			
21:00 – 21:50	HDH	Hoondokhae of Father's Autobiography			
22:00 – 22:15	Closing Prayer	Jeongshim Won (Prayer Hall) Prayer			
22:30 – 05:30	Sleep	Sleep			

7. Points to consider

- λ Members who are psychologically or spiritually challenged must first consult with Chung Pyung (+82-31-589-7136). If permission is granted, he or she may register only if accompanied by a caregiver. Please keep in mind that if permission is not granted, or if a caregiver does not come, the member may be asked to return home
- λ Please make sure you come with **travelers insurance** and **visa** for the length of your stay
- λ Please click [here](#) for what you need to bring for a 40-day workshop
- λ Please click [here](#) for transportation for coming to Chung Pyung from Incheon/Kimpo airport