

# The Blessed Marriage Course Hoon Dok Hwe Supplement (short)

Dr. Tyler Hendricks, Nov. 2018

## The Blessed Marriage Course

# Hoon Dok Hwe Supplement (short): Words of True Parents

## Session 1: Building Strong Foundations

Synopsis: Time together as a couple is crucial to the health of your relationship. Many couples split up because they do not invest in their relationship; we need to nurture each other. (Suggestion: DP take could be focused on husband-wife unity, husband wife relationship as the foundation for the family (i.e. four position foundation).)

### The First Time You Met

Father's words: "Husband and wife meet in the presence of the heavenly law; their meeting is not caused by themselves." (BIF 490-1)

Mother's words: "A month before the Holy Wedding, Father appeared to me in a dream and gave me a special revelation from God. Because at the time I did not have the ability to deal with such a monumental matter, I had to empty myself. All I could do was pray. I responded while constantly keeping that revelation in mind, thinking, 'O God, I have been living in accordance with Your Will. I will follow and do whatever Your Will may be. Whatever Your providential purpose for me may be, I will follow as You command.' I was 17 years old, and it was sometime in February. I did not want to analyze the situation at that time because I was making internal preparations by emptying myself. I only wanted to follow God's Will." (TM Anthology, vol. 1, p. 51)

### What is marriage?

Father's words: "If Adam and Eve had achieved individual maturity, the perfection of their character, by upholding absolute sex in accordance with God's Will, and had then entered into conjugal relations through His Blessing, they would have attained complete oneness with Him. God would

have dwelt within their union. Also, their children would have been linked to this holy order of love, enjoying a direct relationship with God as their Parent. In other words, the marriage of perfected Adam and Eve, based on absolute sex, would have been God's own marriage." (PHG 631)

Father's words: "Weddings held until now were centered on the two individuals involved, but the holy marriage Blessing centers on returning joy to God." (PHG 598)

Mother's words: "The covenant of love centering on God's true love are eternal and absolute. The marriage bond can never be seen as conditional or limited, because true love seeks to give perpetually. When two people come together in such love, they form an eternal association that no force can sunder." (TM, PHG 923)

Father's words: "What is the purpose of marriage? It is for man and woman to center on God's love, possess God's love and unite. Such a union is the origin of peace and of the universe itself. Because God's eternal love dwell where people live for others, such a family will endure forever." (2nd CSG p. 1055 #4)

Mother's words: "Man and woman have equal value only as a married couple that is united as one in body. They stand in the position of the partner of God's true love, and the Creator and human beings thus come to have equal value centering on true love." (TM, PHG 878)

Mother's words: "Ours is a movement based on the East Asian principles of harmony that stress mutual accord and complementarity. Our ideal is to seek out tasks that men cannot perform, that is, tasks that can be performed only by women, so that we can join men in complementarity in order to establish true families." (TM, PHG p. 927)

## Seasons of marriage

### Spring

Father's words: "At first, a man and a woman individually are to find the focal point in which they can settle themselves down in God's heart; then they as a couple should find the settling point of family love by extending the individual focus. Beginning with the very moment of love, you are one, not two anymore. You cannot behave individ-

ually but should collectively take responsibility for everything." (BIF 497)

Father's words: "In the first three years or so, you won't fit together well... [Couples] should make an effort to fit together until they become one." - TF, BMP Energize Retreat booklet

Father's words: "During the first three years of marriage, you have a hard time engrafting to your spouse because your family background, habits and etiquette are totally different from your spouse's. They do not fit each other, but you must make a deliberate effort to make them fit." (BIF 499)

Father's words: "You should think carefully what to say to your bridegroom at the first moment you offer your life to him. A sister who is determined to be completely obedient to her husband with such a serious heart will surely receive his love. The wife should be the person who can be responsive for the sake of her husband." (BIF 507)

### **Summer**

Mother's words: "Women have the important role of bearing children, raising them, and guiding the family as God's representatives, with the uniquely feminine sense of affection and love that God has granted to women. God endowed each woman this original feminine nature." (TM, PHG 951-2)

Mother's words: "By nurturing the fruits of love and investing in her children's upbringing, a woman connects and extends the traditions and lineage of her family. For this reason, her role as a mother in cultivating character and raising her children to have healthy, wholesome natures is the highest function of womanhood. In fulfilling this role, women truly represent the heart of God." (TM, PHG 951-2)

Father's words: "What is marriage? It is to set one's sights upon a common destiny as a couple. It is to pursue the dual destiny, overcoming the individual destiny. Once you are married, you cannot do whatever you like. You are to follow the destiny of your family at the risk of your life." (BIF 497)

Father's words: "What is at stake in marriage is something very fearful." (BIF 498)

### **Autumn**

Father's words: "The family is a training ground for setting up the palace of peace in this world. The husband and wife have to live for each other, with true love as the center of the moral law." (2nd CSG p. 1056 #11)

Mother's words: "Women play a sacred role that is both civic and lineal. We carry the future of hu-

manity in our wombs; we give birth to and nurture the unlimited potential of human beings." (TM, PHG 952)

### **Winter**

Mother's words: "As the future unfolds, humanity will live interdependently in a pluralistic, global society. A culture of peace will be established across the globe. When this happens, the precious role of women who are grounded in the love of God will be recognized as absolutely essential to the family and, hence, to the society, nation and world." (TM, PHG 951-2)

Father's words: "The prosperity of your generation does not guarantee the prosperity of your future generations. A minimum of three to seven generations should be settled centered upon God." (BIF 498)

### **Why do some marriages break down?**

Father's words: "Due to the Fall, human beings lost God's love. Without God's love, we have been making human relationships. That's why, even though the original mind is yearning for true love, there is no true love." (BIF 501)

Father's words: "Husband and wife should love each other as God's representatives. If you love from a humanistic point of view, you will eventually get divorced after discovering each other's shortcomings." (BIF 488)

### **Building the foundations for a strong marriage**

Father's words: "How much did you prepare yourself to receive this day of feasting that is called God's Day? Did you prepare more than you would prepare for the wedding of your only son?"

"Ladies, on your wedding day, you must have made every effort to beautify yourself as best you could, washing yourself again and again and scrubbing all the dead skin off your body, before you entered your bridegroom's chamber. Did you make more preparations than that for God's Day?"

"You men, did you prepare yourself to attend God's Day with a heart more joyful than the heart with which you welcomed your bride? You may have overcome numerous obstacles, crying out, 'I will die if you do not become my wife!' You may have surmounted difficult and even hopeless circumstances before finally achieving your desire to become her bridegroom. How much more extensively should you have prepared for this one and only holy God's Day ceremony, for which humankind has longed for six thousand years?" (2nd CSG pp. 1217-8, 11-5-1 #14)

Father's words: "If Adam and Eve had achieved individual maturity, the perfection of their character, by upholding absolute sex in accordance with God's Will, and had then entered into conjugal relations through His Blessing, they would have attained complete oneness with Him. God would have dwelt within their union. Also, their children would have been linked to this holy order of love, enjoying a direct relationship with God as their Parent. In other words, the marriage of perfected Adam and Eve, based on absolute sex, would have been God's own marriage." (PHG 631)

Mother's words: "Jesus said he would return in the Last Days of this sinful world. Jesus at the Second Advent will come as the True Father of humanity and show us the path of the true children, true couples and true parents, which all men and women in the world need to follow. Only then can the fundamental problems of all humankind—fornication and sexual corruption that originated from original sin—finally be resolved. This is truly the ultimate Gospel that will save humanity from this world of sinfulness." (TM Anthology, vol. 2, p. 64)

### **Make time for each other**

Father's words: "When God created human beings, why did God create them as man and woman, each to become the object partner of the other? It was because of true love. It was so that, in the midst of that true love, the husband can share love with his wife and the wife with her husband. When the husband and wife share horizontal love with one another in this way, they come to possess the love of God, the origin of the husband and the wife.

"The subject or object partner who lives for the sake of his or her partner never perishes. When there is a perfect subject partner who lives for the sake of others, a perfect object partner is bound to appear. When there is perfect object partner who practices life for the sake of others, a perfect subject partner will definitely appear. Even though the partner doesn't appear right away, if you don't give up until the end, he or she definitely will come. If you cannot get the direct result in your lifetime, your mind should believe that it will surely come in the following generations." (BIF 501)

### **Nurture each other**

Mother's words: "A man and a woman marry, rooted in true love, in order to possess each other's world horizontally and to possess God's love vertically. They own the Creator and all cre-

ated things because true love entails the right of inheritance." (TM, PHG p. 877)

Mother's words: "When God created men and women, God established them as the ideal object partners of each other and made it so that they can become one through true love. Each perfects the other and becomes one with the other." (TM, PHG 947-8)

## **Session 2: The Art of Communication**

Synopsis: We must learn to practice active and effective listening techniques in order to truly hear each other. Each of us has something that we want to share with our partner and through sharing, we can build intimacy and trust.

Mother's words: "Our teaching is 'to live for the sake of others.' It is the basic guiding principle in the construction of a peaceful world. The origin of such true love is God, and to realize this true love, God created humankind." (PHG p. 877)

### **The importance of talking**

Father's words: "The most important thing is to share a time of confidential love talk at the dinner table. If she comforts her husband over his hard day of work with the whispering sound that she had in their first meeting, his fatigue will fade away and their conjugal love will become deeper." (BIF 504)

### **The importance of listening**

Father's words: "A wife should think that her husband is God's representative. She should be in the position of a daughter to her husband. A husband should treat his wife as his mother, and they must be so intimate that they cannot stay away from each other even one day. They are each to be an existence absolutely needed by the other." (BIF 480)

Father's words: "Your ears should be able to go over the rugged mountains. How will you do if you are matched to a man who curses you every day? You should be able to say to the husband who is cursing you right after breakfast, 'Please wait and curse me after eating lunch,' and at lunch time, 'Curse me only after finishing dinner.' If he continues after dinner, you should be able to say 'Please sleep first and curse me later.' Then Satan will go away in forty days because there's no fun in what he is doing." (BIF 507)

## **Session 3: Resolving Conflict**

Synopsis: Man and woman are created differently and we need to respect and appreciate those differences. We must also understand how we approach conflict differently, appreciate those differences but tackle our problems together, not let them get in between us. This session also touches on the power of praying for each other within the couple.

Mother's words: "The reason people strive for everlasting, unchanging love between a husband and wife, yet can't seem to achieve it, is because Adam and Eve's original separation from God, the Fall, was caused by false love and adultery." (TM, PHG 527)

### Principles for handling conflict

Father's words: "Please pledge that you will live your life with gratitude and in eternal service to your spouse." - BMP Energize Retreat booklet

Father's words: "The most important factor in forming a family is true love. The word love has various meanings. However, I'm speaking here about true love, which refers to the absolute love centered on God. In other words, true love is to love even someone who seems impossible to love, and thus, in true love you have no choice except to love even your enemies. Furthermore, true love is the sacrificial love of even giving one's own life for others."

### Showing appreciation

Father's words: "In order to think of your wife as your mother, you have to be the baby. Be a baby! It is not bad to be a baby. A woman likes a man playing on affections. Unless you are determined to restore the lost love of woman, you cannot restore the original family standard." (BIF 481)

Father's words: "Even though you are so extremely beautiful and capable that you can lead a comfortable life on your own, you should follow your husband regardless of any suffering as long as he is centered upon God." (BIF 505)

### Recognizing your differences

Father's words: "Since God is a being of dual characteristics in harmonious union, can a man and a woman be the same? No, they are different." July 12, 2011

<http://www.tparents.org/Moon-Talks/SunMyungMoon11/SunMyungMoon-110712a.htm>

Father's words: "A true husband and a true wife represent God's binary poles, and each exist to form one harmonious body as the representatives

of heaven and earth. Men and women are not created to live in self-centeredness." (PHG 577)

Father's words: "Woman and man are different in one respect. What way is that? Is it not in their sexual organs?" (1st CSG 1751)

### Learn to negotiate

Father's words: "No matter how advanced two people may be in the world of knowledge, one will always know more. If there is one single thing that exists that can form a place of equality, it has to be love." (2nd CSG p. 1032)

Mother's words: "Our ideal as women is to seek out tasks that men cannot perform, that is, tasks that can be performed only by women, so that we can join men in complementarity in order to establish true families." (TM, PHG p. 927)

Father's words: "The husband should be able to sacrifice himself for the sake of his wife and the wife should be able to sacrifice herself for the sake of her husband. Such a couple is related to and protected by God's direct dominion of love, so it is impossible for them to fall." (BIF 489)

Mother's words: "When women stand in the subject position of love as a mother or play a central role of love as a wife or a daughter, they become incomparably strong. When they give one hundred percent for the sake of their object partner, the void created by their giving is filled with God's love and the power of God's love is put in motion. Therefore, even for women, when they take after God and assume the subject position of passionate love, the power of that love manifests as an amazing strength that can save the family, the nation and the world." (TM, PHG 897)

Mother's words: "The principle of love is that when love sacrifices for something that is greater, the level of that love is elevated. When you sacrifice for something greater, rather than being absorbed by it, you can stand at its center and face a new dimension." (TM, PHG 899)

Father's words: "In living for the sake of others, true love gives everything one hundred percent, one thousand percent, and creates a vacuum. It follows the same principle as when air in an area of low pressure generates a circulatory motion from an area of high pressure. Accordingly, when you try to live absolutely for the sake of others, you will activate infinite power." (PHG 577)

### Unrealistic expectations--Look to God

Father's words: "When you look into your lives, your outer self and inner self are undeniably in a relationship of ongoing conflict and struggle. In contrast, there is undeniably a proper order for all forms of existence in the universe. This indicates

that God did not create us in this state of conflict and disorder. You need to know that it is your duty and responsibility as a human being to dispel all temptations directed at your outer self, your physical body, to work to perfect absolute sexual morality, and to gain victory in life by following the way of your inner self, your conscience. Heavenly fortune will be with those who lead their lives in such a way." (PHG 636)

Father's words: "True love has the power of resurrection that can bring a dead person back to life. We can receive the seeds of true love only by receiving the true holy Blessing from the horizontal True Parents. They come as substantiations of God, the vertical True Parent, and thereby engraft us into God's lineage. ...Only by being engrafted into the lineage of goodness through the True Parents can you find a way to overcome the struggle between your mind and body." (PHG 590)

Father's words: "Husband and wife should love each other as God's representatives. If you love from a humanistic point of view, you will eventually get divorced after discovering each other's shortcomings." (BIF 488)

### Grow together

Father's words: "There is a saying that a fight between a husband and wife is like cutting water with a knife. When you cut water with a knife, it doesn't leave a trace. Likewise, even after fighting, a couple can put their foreheads together and giggle, and everything is settled. Only with love can peace come." Second Cheon Seong Gyeong, p. 314, #22

Father's words: "If you look at the Chinese character ho, meaning 'good,' it combines characters for a female person and a male person. When a husband and wife fight, there seems to be no way to reconcile them, so what's good about that? Yet if the two of them are in love, even after fighting ten times they can come together again. That's the enormous power of love." The Way Our Blessed Families Should Go, August 21, 1971, p. 52, see <http://tparents.org/Moon-Talks/SunMyungMoon71/SunMyungMoon-710828.htm>

### Pray together

Mother's words: "Human beings attain their original desires through the horizontal connection with each other and the vertical connection with God." (TM, PHG p. 877)

Father's words: "God knows the difference in standard between you and your spouse. When you keep your heart grateful to God, even though your spouse is not satisfied with you, He will bless

you abundantly in the near future. The grateful heart is the absolute condition to for receiving God's blessing. We must be the ones with such heart." (BIF 499)

Father's words: "From whom originates the love that embraces and forgives everything? Love does not start from human beings. It starts from God, who is the Subject of love." (1st CSG p. 327)

### Matching our strides

Father's words: "In living for the sake of others, true love gives everything one hundred percent, one thousand percent, and creates a vacuum. It follows the same principle as when air in an area of low pressure generates a circulatory motion from an area of high pressure. Accordingly, when you try to live absolutely for the sake of others, you will activate infinite power." (PHG 577)

### Money and possessions

Father's words: "In the secular family, when a husband earns money, power is produced. The money earned by the husband is the source to energize the wife and the husband gets energy by looking at his energized wife. That's why they are anxious and their relationship is apt to be broken when the husband doesn't earn money. The true husband and wife should center upon God's love." (BIF 489)

### Household chores

Father's words: "I want to advise wives to awaken their husbands from sleeping, accusing them, 'Why do you always sleep?'" (BIF 508)

### How you spend free time

Father's words: "In order to understand what kind of person your husband is, you need to sometimes fight with him, sometimes make love with him, and sometimes travel with him." March 19, 2012 <http://www.tparents.org/Moon-Talks/SunMyungMoon12/SunMyungMoon-120319a.htm>

### Parenting

Mother's words: "Parents tend to show more concern for their children who are lacking in some way than for those who are doing well. Raising children leads us to experience this in our heart." (TM, CBG 1567)

## Session 4: The Power of Forgiveness

Synopsis: Knowing how we both react in anger (attack or withdraw) can help us to learn better how to identify when we have hurt each other. Then we must acknowledge the hurt and help each other to heal from unresolved issues.

## Reactions to hurt

Father's words: "Some of the blessed couples may complain about their spouse. They are the ones who do not know God's sorrowful path, which has headed toward the establishment of the Kingdom of Heaven in the future." (BIF 499)

Mother's words: "God's true love is love that forgets it has invested, so it invests again and again and again. If the memory of having given remains, then love cannot flow freely and endlessly. Because love moves endlessly, one cannot hold onto the memory of having given. Even if one gives again, love continues to flow because the memory of giving does not remain." (TM, PHG 919)

Mother's words: "The world today is calling for peace, reconciliation, compassion, love, service and sacrifice. It is an age in which our current problems cannot be solved by the masculine logic of power. We need to solve problems by the feminine logic of love." (TM, PHG 917)

## Handling anger

### *What happens if hurt and anger are buried?*

True Mother: "The people living in the fallen world feel in their innermost heart that they wish to be happy, to be peaceful and to live well. Human beings today, however, have never yet known a day of comfort. Though they think that they would be happy if they could eat well and live in affluence, things do not work out that way. They become discontented. The Fall of our first ancestors Adam and Eve has caused human history to be miserable in our present time." (TM Anthology, vol. 1, p. 205)

### *Process for healing hurt*

Father's words: "If the husband has an affair in the satanic world there is only way he can be forgiven; that can happen when he has taken a knife to cut it off, but then does not only because his wife held his hand back and prevented him from doing so." (1st CSG 1751)

Father's words: "You need to reflect at every mealtime – breakfast, lunch and dinner – and also when you wake up in the morning and go to bed at night, on whether you have fallen into a position of having induced a relationship with Satan

once again, through disunity of your mind and body." (1st CSG p. 1524)

Father's words: "There is no rule preventing forgiveness for the one who repents through the love of his parents. Hell must also be liberated through this kind of heart. That is the way of a true filial child, isn't it? Therefore, we in the Unification Church speak of saving even hell. Why? It is because God is such a being." (1st CSG p. 654)

### *Identifying unresolved hurt*

Father's words: "When people betrayed me and turned their backs, I could have exploded in indignation and resentment saying, 'Those reprobates should be struck by lightning.' Yet when I thought about the heart of God who longs for their return, I could not do that. Each time I grasped that suffering heart of God, and had the heart to forgive, a new segment, like that of a bamboo shoot, was created." (1st CSG 163)

Father's words: "There is no rule preventing forgiveness for the one who repents through the love of his parents. Hell must also be liberated through this kind of heart. That is the way of a true filial child, isn't it? Therefore, we in the Unification Church speak of saving even hell. Why? It is because God is such a being." (1st CSG p. 654)

Father's words: "No matter how great your sin is, admit it frankly to God, saying, 'Heavenly Father, I have committed such a wrong thing!' In confessing your sins to Him in your prayer, you can declare to Him, 'Shouldn't the original mind, the heart of a father, the heart of a teacher, and the heart of the citizens of a nation be like this? With such a heart, I will be filial and loyal and be connected to Your love. My heart will never waver. Please take into consideration this resolution, and forgive me for all the wrongs that I have done as I have now made this resolution. Won't you forgive me?' Then God would reply, 'Hmm....' You need to know how to pray." (1st CSG 1482)

### *Forgive*

Father's words: "I fully understand what it is like to determine to fulfill God's will. I know what God's love is like, and I know that I must both kneel in gratitude and walk the path to offer forgiveness." (1st CSG, p. 156)

Father's words: "Through Jesus, God revealed His true loving character in which He loves His enemies and forgives a brother's faults, not just seven times but even seventy times seven. (1st CSG p. 125)

Father's words: "Only through the power of true love can we be forgiven. However strong false love may be, it disappears automatically in the face of true love." (1st CSG 1391)

Father's words: "Spouses must forgive. Whatever wrongs have been done, whatever mistakes are being made, each has a noble deed to perform: each must forgive. There is an error: not only the error of your spouse but the error of humanity. The Lord's Prayer says, 'Forgive us our debts as we also have forgiven our debtors.' If we want God to forgive us, we have to forgive each other first.

"A mistake is not merely a test of a marriage. It is a test of your faith, of how you will stand before God in the midst of moral crisis. Can this marriage, which was founded centered on God's tradition, uphold that tradition today? Can you prove your generosity and mutual forgiveness? Can you love? This is the test for your couple.

"The Bible speaks of the time the scribes and Pharisees tested Jesus. They brought him a woman to be stoned. She had been caught in the act of adultery. Mosaic Law demanded retributive justice. But Jesus' message was forgiveness. 'He stood up and said to them, "Let him who is without sin among you be the first to throw a stone at her." ...But when they heard it, they went away, one by one, beginning with the eldest, and Jesus was left alone with the woman standing before him. Jesus looked up and said to her, "Woman. Where are they? Has no one condemned you?" She said. 'No one, Lord.' And Jesus said, 'neither do I condemn you: Go. And do not sin again.'" (John 8:3-12) No one dared to cast the first stone!

"Who between you will be the one to cast the first stone? This is no time to cast stones upon your spouse. This is no time to cast stones upon one another."

"The revengeful legalism that says 'a life for a life, an eye for an eye, a tooth for a tooth, a hand for a hand, a foot for a foot, a burn for a burn, a wound for a wound, and a stripe for a stripe' cannot stem from the character of the Creator God. God is the God of love and forgiveness." (1st PHG p. 121--Father's words on forgiveness adapted from the Watergate Statement)

***\*Additional point: connect to your spiritual and physical family***

Father's words: "What should blessed couples do if they fight? They should call their physical children and then their spiritual children to ask their forgiveness because the former represent Abel and the latter represent Cain. Having gone against the tradition that Cain and Abel should follow, they did not make Cain and Abel unite but

did the opposite instead, and therefore must repent before them. Such a time will come. We share a common destiny. When the children do something wrong, they must obtain their parents' forgiveness. If the husband, their father, does something wrong, he must beg them, and his wife, for forgiveness. This is the true family with true love at the center." (1st CSG p. 2250)

Father's words: "If something weighs on your mind during prayer, you should repent. When repenting, you should not do it alone. The four directions of north, south, east, and west need to be arranged first. You need to speak it aloud in front of those closest to you, such as your parents or your teacher. After doing so, you also need to make public what you have done wrong in front of your children and students. 'I have done this thing; do you think I can be forgiven?' In this manner, you need to walk a path where those closest to you can support you with one heart." (1st CSG 1486)

**Start again together**

Father's words: "When a husband and wife live hand in hand, dreaming optimistically of the future and denying the fallen reality, they will be able to go through any difficult environment. The difficult reality will not damage their future but will stimulate in them a new vision for the future." (BIF 487)

**Session 5:  
The Impact of Family—Past and Present**

Synopsis: Our expectations of each other may have come from how we observed our parents roles in their relationship (e.g. Mom always sent out Christmas cards so we grow up thinking that's what the wife should do..). But our relationship with our families must have clear boundaries because it could eventually come between us in our marriage. Also, resentments that we harbor in our family relationships can also have an impact on our marriage.

**Early years**

Mother's words: "The ideal family attends the grandparents as they would attend Heaven, shows absolute obedience to the parents, and creates children through the absolute relationship of a husband and wife who raise their children in purity and without sin. When we do this, our families will attain a unity of heart with God and become the birthplace of eternal happiness and peace." (TM Anthology, vol. 3, p. 23)

Mother's words: "Because we are God's children created in His image, we all possess the potential to be free of mind-body conflict and to establish the origin of true unity in ourselves." (TM Anthology, vol. 3, p. 23)

Mother's words: "Even the parents of this world hope for the best for their children. They hope their children succeed. How much more would the Creator, God, hope for that?" (TM Anthology, vol. 3, p. 109)

Father's words: "True love is the motive and power behind creation, reproduction and development. The more you invest, the greater it grows, and it comes back to you with even more than you gave. Only in true love can the idea of eternal life become a reality.

"In order to think of your wife as your mother, you have to be the baby. Be a baby! It is not bad to be a baby. A woman likes a man playing on affections. Unless you are determined to restore the lost love of woman, you cannot restore the original family standard." (BIF 481)

### Teenage years

Mother's words: "Fights break out among siblings because they do not know their parents' will and cannot fathom their deep hearts. You can understand your parents' will only when you connect to them in heart through true love. When you achieve oneness in mind, oneness in body, oneness in heart and oneness in harmony with True Parents, your thoughts, your feelings, your words and your actions all will come into one accord." (TM, CBG 1567)

Mother's words: "During adolescence, even the sight of an autumn leaf blowing along the ground can seem inspiring. Girls who used to be so reserved when they were younger suddenly start doing things to their hair, putting on makeup and trying on all sorts of clothes and accessories. Their interests expand as well. These are horizontal phenomena of love." (TM Anthology, vol. 2, p. 253)

Mother's words: "The kingdom of heaven is a place for families to enter, not a place for a husband to enter alone regardless of how strong his faith is. It is a place where the husband and wife, and the family enter together. If we usher in such a world, we need not worry about adolescents falling anymore, because the environment will guide each person to follow the desire of his or her original mind, enabling all to find the kingdom of heaven on earth by themselves and to live within a culture of filial heart civilization." (TM Anthology, vol. 2, p. 366)

### Coming of age / leaving home

Mother's words: "The thing that women must treasure and preserve is their chastity. What a daughter can do to make her parents happy is keep her chastity." (TM Anthology, vol. 2, p. 26)

Mother's words: "We are travelers on the path of life. The most important thing on this path is to experience and embody vertical and horizontal love. We need to build a family centering on the love of true parents, true husbands and wives, true brothers and sisters, and true sons and daughters." (TM Anthology, vol. 2, p. 253)

### Getting married

Father's words: "God did not want Adam and Eve to remain merely an individual man and an individual woman. He looked forward to the new family they would form through their union. This is God's primary purpose in creating men and women. It is only when we establish true families, and when we live with a sense of fulfillment within true families centered on God's love, that we will be able to enter the kingdom of heaven without any problem. This is the only way we can transcend this world." (PHG 650)

### Building healthy family relationships

Father's words: "In a Korean family, when the parents rise in the morning, their daughter-in-law, who is already awake, goes to them and pays her respects. Then she folds up their bedding, cleans their room and prepares their meal. This is a norm in Korea. In order to indemnify fallen history, we must establish the law of filial piety as the highest among all laws. In the nation, filial piety should be the highest of all laws." (2nd CSG p. 1154 #11)

Father's words: "To love your parents is to connect past history with the present era; it is to pave a road that will let God come to you. This is the reason you must love your parents. To love your parents is to connect everything in the past to yourself as an inhabitant of the present, thus bringing together the past and the present so that they become one." (PHG 651)

Father's words: "Let us consider a family that is based on love. Since the relationship between parents and children is characterized by unity, we can say that they form one body. Likewise, husband and wife form one body through their mutual relationship, as do brothers and sisters. All members of the family form one body.

Father's words: "In such a case, what is the common center shared by these relationships? In forming one body, they have God's true love, which is at the center of all love, as their common center. With true love as the center of their relationships, parents and children become one, hus-

band and wife become one, and brothers and sisters become one. Through this process, each part of the family becomes equal in value." (PHG 536)

Father's words: "The family is the most precious hearth of human love and life. It is more important than all value systems and ideologies as well as all policies and social systems. Through the family, history and nations come into being and the ideal world begins. If there is no family, then there is no meaning in individual existence and there will be no passing of love through the generations. Therefore, the family takes precedence over all values, ideologies, systems and structures. The family is the most precious and fundamental base for the love and life of men and women." (PHG 554)

### Healing childhood pain

Father's words: "Raise your hand if you are a second-generation blessed child. You took part in the Blessing through your father and mother. You represent the flesh and blood of your parents coming together in one concave cauldron of love. Neither your mother nor your father is in such a position. You are part of the tradition that has inherited God's lineage." (PHG 1628)

Father's words: "Lineage is the bridge allowing the parents' spirit to carry on through subsequent generations." (PHG 608)

Father's words: "To enter the Wonjeon means to find our way to the original palace within our mother's womb. Where is your Wonjeon? It is the inside of your mother's womb before you were born. From the moment your father's sperm met your mother's ovum, although one was small and the other large, they breathed together, clung to each other and lived in joy. They dwelt together, holding on to each other and giving each other a boost. ...You are to find your way to the origin within God's ideal, which existed before your mother's ovum met your father's sperm and you were born on earth." (2nd CSG p 1188, #14)

## Session 6: Good Sex

Synopsis: Sex is an essential component to a healthy relationship. We should be able to freely communicate our desires and needs with each other in order to have a healthy sex life. Men & women approach sex differently and we must recognize our differences and acknowledge each other's needs.

### Our consumer society

Father's words: "Examples of the law of love between parents and children have been shown in history, but no one has practiced the law of love between man and woman. We haven't seen the content of the law of love between Jesus and the Holy Spirit, a bridegroom and a bride. We have to show this new standard of conjugal love and live according to it." (BIF 487)

Mother's words: "You can naturally become one when you have a heart to take care of others that allows you to share each other's hard work and sincere devotion, and when you practice putting true love into action." (TM Anthology, vol. 1, p. 216)

Mother's words: "Today we observe so much chaos and confusion, particularly on the issue of sex. This problem can be resolved only through what my husband refers to as "absolute sex." Only the concept and practice of absolute sex can prevent the destruction of our families and reverse the corruption of our youth." (TM Anthology, vol. 2, p. 215-6)

### A way of developing intimacy

Mother's words: "Happiness you enjoy all by yourself is not true happiness. The more happiness you share with others, the greater is the happiness that is returned to you. You need to know how happy you are to be in a position where you can give to others, instead of receiving from them, and you should try to do so." (TM Anthology, Vol. 1, p. 123)

### A vital part of a strong and healthy marriage

Father's words: "The human sexual organs are shaped as concave and convex. Why are they shaped that way? Both could be pointed or both could be flat. Why are they shaped differently? Each is for the sake of the other. A woman absolutely needs what is part of a man's body, and a man absolutely needs what is part of a woman's body. Until now, we did not consider the fact that a woman's sexual organ absolutely belongs to a man, and a man's sexual organ belongs to a woman. By owning each other's sexual organs, man and woman come to know true love. Only through the experience of two becoming one can we know the highest level of love." (PHG 539)

Father's words: "Once the heat of passion rises to forty, forty-three, even fifty-three degrees Celsius, no viruses or bacteria can survive to infect the offspring." (PHG 1626)

Mother's words: "Fidelity in marriage, which we can call absolute sex, is centered on God, and free sex is centered on Satan. Where does true love begin? After one sacrifices his or her own life and

becomes resurrected, having invested again and again, we must try one more time. Since we have inherited a fallen lineage, we have to persevere and overcome evil influences at the cost of our lives." (TM Anthology, vol. 2, p. 120)

### **Problems can be worked through**

Mother's words: "Today we observe so much chaos and confusion, particularly on the issue of sex. This problem can be resolved only through what my husband refers to as 'absolute sex.' Only the concept and practice of absolute sex can prevent the destruction of our families and reverse the corruption of our youth." (TM Anthology, vol. 2, p. 215-6)

### **Six qualities for great lovers**

#### **Communication**

Father's words: If you look with God's eyes of try love, there will be nothing dirty. God created every part of the human body. Who else created them?

Father's words: I do not feel any shame at speaking about this. It is natural. If you feel ashamed, it is a habit of the fallen world.

Father's words: "Until now, we have thought ill of erotic stories because love organs became palaces of wickedness. They became like weapons causing three-fold destruction: the palace that destroys love, the palace that destroys life, and the palace that destroys lineage. Because they became the palaces that plunge everything in heaven and earth into a world of total darkness, they are called by the worst of all bad words and the most vulgar of all vulgar words.

"The term ssang in ssangsori (a Korean vulgar word) was originally not a bad word. In fact, it is the very word ssang in ssangssang (pair). That is what is implied when we say ssangsori. The word ssangsori refers to two people making love to each other, and that cannot be bad. Originally, it was a sacred word. The woman's love organ is the subject partner of all subject partners, for it controls the life of man." (2nd CSG p. 1182)

#### **Tenderness**

Father's words: When you kiss, God comes down there from Heaven.

Father's words: When do the blood and flesh of a man and woman join in harmony? When they make love. The place where they make love is the source of life. The lifeblood of a husband and wife does not intermingle anywhere else. It is also the place where lineages are connected, where lives

attach and adhere to each other. It is where lineage begins and love settles. And it is the only point where love engenders oneness.

Father's words: The beauty of lovemaking that enables a husband and wife to become one is something like all the cells of the whole body waking up and beginning to dance to the same rhythm. All are endowed with such a capacity. All five senses will be unified at the time of lovemaking. It is precious.

#### **Responsiveness**

Father's words: When your husband kisses you, does he kiss your lips, teeth, or tongue? If her husband pulls out her tongue even an elegant, demure woman says, Ah! And holds her husband more tightly.

Father's words: Who is the owner of the female organ? Her husband. Who is the owner? The husband, not the woman herself. Then who is the owner of the man's organ? The woman. God is truly amazing. He has interchanged the owners to make it impossible for either to run away.

#### **Romance**

Father's words: With respect to lovemaking, women are two to five times slower than men. Some women are more than five times slower than men. Therefore, even though they have a conjugal sexual relationship, some women finish their lives without knowing the real taste of lovemaking [orgasm]. That is a man's fault. If the lovemaking is not satisfactory, its negative vibrations will continue for the whole day or the whole month. Sexual satisfaction is absolutely necessary for a woman's health.

Father's words: We must make the best use of the precious gift from God. It means for us to transform our conjugal sexual life into a work of art, we have to make our spouse feel joy. If we want to make our spouse feel joy, we must learn how to make love through observing nature. We must learn how tigers make love, how snakes make love, how dogs make love... how flies make love and even research and learn how thunder and lightning make love... Thus, for a week, you should try to make love in the styles of tigers, feeling passion greater than a tiger's.

#### **Anticipation**

Father's words: "The laughter of a husband and wife who are intoxicated in love is relative. The man opens his eyes wide, and the woman gently closes her eyes when they laugh. When the husband's eyes get bigger and the wife's eyes get

smaller, they become more intoxicated in love." (BIF 493)

### **Variety**

Father's words: You are the lords of creation, so you have to become the kings who can teach all kinds of lovemaking. Animals of different kinds have various styles of lovemaking... Snakes make love for 71 hours! From now on study how animals make love.

Father's words: When Blessed couples make love, if I have a speaker installed for each family so that the sound of lovemaking can echo to the outside world, everybody can understand how joyful their screaming like mad in love-making will become. And I would like to give a special award to the one couple in a thousand who produces the most noise when making love. You should make love in such a way with deep affection.

Father's words: All physiological senses are concentrated at the sexual organs. God exercised utmost diligence in creating them.

Father's words: Have you ever kissed each other's sexual organs? How do you like the taste? There is the most exquisite and infinitely endless taste. It is the taste we can never forget even after a thousand years.

### **Protecting our marriage (issue of adultery)**

Father's words: "Who is Satan? He is the adulterer who violated Eve who was to become the wife of God. She was meant to be Adam's wife, and, at the same time, God's wife. Satan is the adulterer who violated Eve, God's wife-to-be. Satan is the enemy of love. So, even though God loves His enemies, He has not told us to love Satan, the adulterer. Satan cannot be forgiven. God loves people who belong to Satan, but He cannot forgive Satan. This is the Principle, so you must know it." (1st CSG 1141)

Father's words: If the husband's and the wife's sexual organs are perfectly harmonious, then the husband can never leave his wife.

### **Build each other up**

Father's words: "Because men represent the plus nature of God, they become another self of True Father, and because women represent the minus nature of God, they become another self of True Mother. Each of them is also a representative of God. Becoming one through love is like embracing the cosmos. This is a universal reunion." (TM Anthology, vol. 4, p. 79)

Father's words: A husband should do everything a wife asks for with regard to sex.

Father's words: "When they form a four-position foundation of love, they will come to love each other's heart through each other's body, and when they come to love the heart their body will follow." (PHG 673-4)

Father's words: "Omma, your life should be able to disclose even greater height and preciousness than mine." (TM Anthology, vol. 4, p. 311)

Father's words: "Mother establishes her husband's authority within the family and trusts him as a true teacher. It is about practicing what one preaches. Hence, Mother will educate the children, saying, 'You must resemble your father. Your father is a great person.'" (TM Anthology, vol. 4, p. 93)

Father's words: "The wife should make her husband successful; that is to say that she should be his great supporter. Be the perfect man in substance, heart and living. The place where God's heart blossoms is the family." (BIF 505)

### **Set boundaries**

Father's words: "The most difficult obstacles we face in relation to mind and body are those that deal with love. We should be trained and determined enough, such that when we are at the moment of climax in making love, we can totally separate from it and stop the whole process. The love problem is the most difficult. The love organ attached to your body does not belong to you. You are not the owner of it." (Jan 26, 2002, <https://www.tparents.org/Moon-Talks/SunMyungMoon02/UM020126.htm>)

### **Talk to someone about the feelings**

Father's words: We can learn conjugal lovemaking not only from nature but also from the experiences of other persons or other places. The important point is that we must use what we have learned for the sake of our spouse. Through these efforts of two persons to become one, a husband and wife can acquire the highest state of love, create the most excellent life, protect the true lineage and maintain the right conscience.

Father's words: You should consult and ask women around you, How do you do it? If you want your husband to extend the time of lovemaking because you cannot feel a sexual climax yet, you should ask him to do foreplay much longer.

### **Keep sex alive**

Father's words: When you go to the spirit world and compete over the amount of time that a husband and wife made love on earth, the longer the

total time, the greater the champion you will become; it may be 40 days or several months in total. If a couple makes love for such a long time, can they get divorced? No, they can't. They will get along without separating.

Father's words: Women are God's final masterpiece. And women have more capacity to receive love than men.

Father's words: Love has value when a couple yearns for each other. A man who gives love feels good when his wife asks for love with her lips sticking out and her eyes opening wide. You should know that if you remain silent and dull, love will turn back and fly away after coming to you.

Father's words: Do you all know into which part of the body God invested His greatest creative effort? It is the sexual organ.

Father's words: If human beings had not fallen, their reproductive organs would have been God's Holy of Holies, where God would reside and where His love would dwell. Of all the things God created, it is the most complex, the most stimulating, and the most sensitive. It is the zone of contact through which a man and a woman can be fulfilled in love.

Father's words: If man and woman had not fallen, the reproductive organs would be the palace of love... They are the palace of life. They are where life comes into being. They are the palace of lineage. From there, new life is born and lineage is bequeathed. They are the source of our life, our lineage, and our love.

## Session 7: Love in Action

Synopsis: Each person expresses and receives love differently so we must make an effort to learn each other's "love language".

### Five ways to express love

#### *loving words*

Mother's words: "Your mind and body unite when you are truly 100 percent grateful. When this happens, those around you become happier. If you live your life with a heart of gratitude for the blessings Heaven has given you, I think you will be able to create even more joy among those around you, and you will be able to spread these blessings to your family, society, nation and world." TM (2012.11.24, Cheongshim Peace World Center, CBG 1560)

Father's words: "I constantly picture you being honored throughout all generations. Upon you, so pure and precious, may God's peace dwell for

eternity. Truly, I sincerely wish to comfort you after you worked so hard for the Parents' Day event that just passed. I imagined that you fell fast asleep after it was over, and I prayed that peace and health would surround you." (TM Anthology vol. 4, p. 310)

#### *thoughtful presents*

Father's words: "A good characteristic of Mother is that she likes giving to others. When she does, she doesn't want to give something bad, so she gives them the best of what she has. That is her great point. As a result, however, her wedding ring and the other gifts I have given her have all gone. She even forgets to whom she gave them. When the season changes and I open our closet, she has no clothes inside. She has already given them to others. I am also such a person. When I have something good, I don't use it on myself." (TM Anthology, vol. 4, p. 86)

#### *physical affection*

Mother's words: "At home there is love for one another. It is where the love of mother and father, the love of elder brothers and sisters and younger siblings, and the love of one's spouse and children and close neighbors are all deeply embedded. It is a place of mutual affection, where relationships and affinities are brought together through mutual love. This makes you cherish each and every member of your family." (TM, Anthology vol 2 p 294)

#### *quality time*

#### *kind actions*

Mother's words: "If I were born only for myself, or if everyone else had to exist only for my sake, the concept of love never could become reality. This is because the essence of love is that it comes into existence only when it is given, and the act of giving requires both a giver and a receiver. The person who sacrifices for the sake of the family can bring about love in the family. You may think that if you sacrifice for the sake of others, you will lose everything. In truth, it is the opposite. If anything, you become the subject being of love and the owner of everything, and you also are elevated to a higher dimension." (TM Anthology, vol. 2, p. 48)

#### **Learning to love**

Father's words: "Marriage must only happen once. This is a revolutionary teaching." (PHG 1628)

Father's words: "When a husband and wife create a harmony of love, they initiate circular movement. When they become one body in love and bear the fruits of love, God comes down and they go up and they meet in the middle. God becomes the center of this sphere, and spherical movement begins.

"From this central point, connections can be established in any direction. The center of the sphere is the place where harmony of love is realized. It is the place where life emerges and moves, and it is the starting point of human equality and communal philosophy. This is so because the power of love is there. Thus the force that embraces all interactions of the universe is love.

"For human beings love is eternal. It is always one, never two. Once a man and a woman are joined in love, they are to live together for a lifetime and then for eternity, even after death. They are two bodies, but by revolving in oneness with each other, they become as one body.

"When husband and wife become one, they revolve with God to form a four-position foundation of love. This is the ideal world of love. Only true love dwells there; false love cannot invade." (PHG 1628)

Mother's words: "When women stand in the subject position of love as a mother or play a central role of love as a wife or a daughter, they become incomparably strong. When they give one hundred percent for the sake of their object partner, the void created by their giving is filled with God's love and the power of God's love is put in motion. Therefore, even for women, when they take after God and assume the subject position of passionate love, the power of that love manifests as an amazing strength that can save the family, the nation and the world." (TM, PHG 897)

## Session 8 (optional): Coping with Times of Separation

Synopsis: We must learn to identify and learn the negative feelings that may impact the relationship when a partner is deployed and figure out how to process those feelings together. When the partner returns, we must work out a way to renegotiate our roles and responsibilities together and create new routines as a family.

Mother's words: "In order to receive love and blessings, we need to live a life of gratitude. When we encounter misfortunes, God knows about it. When we find ourselves in the most wretched of situations in the world, He cannot help but be aware of it. And when we are in such a position and we are still able to deal with it and digest it with gratitude, God will count us as trustworthy. When we are able to overcome even such situa-

tions, we will receive blessings that cannot be found anywhere else. This principle is at work in the world." (093-195, 1977.05.29, CBG 1561 --is it True Mother? No record in Tparents.org)

Father's words: "From now on, after having completed the three-day ceremony, you must create substantial children. You must pray that you can give birth to children who can form a relationship of heart with Heavenly Father and who can become the priests of heart. I hope that you will give birth to children on the foundation of heart that represents heaven and earth. The 40-day separation period indemnified the four thousand years of history." (1st CSG, p. 1282)

Father's words: "Please comfort the people who are close to you and develop your motherly presence. I will also work to complete this tour with strength. I focus my concern on the position of our homeland and our international mission, imagining a new tomorrow. There is so much I want to say, but I will stop here and wait for the day when I can see you again to deliver those words to you. I wish you well. Please forgive me for stopping here." (TM Anthology, vol. 4, p. 314)

Father's words: "I think about how sorry I am that you could not come with me. However, I know that it will be better if you come after I pave the way, and I am grateful for everything, as this is the way of the Will. I also know that it is valuable for people who love each other to be apart while thinking about each other, because then when they reunite they rejoice all the more. I believe, Omma, that you are doing much internal reflection and making resolutions for the future. I pray that this can be a productive period, during which we can be more filial before the Will and be examples for others." (TM Anthology, vol. 4, p. 318)

Father's words: "If Father had brought Mother into his family right away, the opposition and jealousy on the part of the other women in the church would have been so fierce that they may have become insane or even tried to kill her. That intense a spiritual whirlpool was what Father had to deal with. So for three years after Father married Mother, Father tried to ignore, almost toss away Mother in an unlikely place. He just left her alone. Sometimes Father would visit her. Mother didn't know what was going on and Father never explained it to her. Father would never take Mother with him, only occasionally. Most of the time Father would take along women of different ages and different kinds of character. But Father did this on purpose, taking those people and going to some public place. Mother was left wondering why Father did that.

"After two years, those older members told Father, 'Mother is too pitiful, you shouldn't treat your bride like that. Let us not hurt her anymore,

let us bring her in.' They started speaking to him like this. If Father had initiated such an idea, they would have gone in a different direction. Father knew this. Mother was the youngest, only in her teens. There were women in their 20s, 30s, even 60s and 70s and they all felt they were the spouse for Father. But finally, they realized that they had

to serve Mother, even though she was young. This took at least three years. Nobody knows the incredible suffering Mother had to go through. Then for the first time they said, 'Mother you have suffered enough for our sake, we will serve you as our Mother. You are our Mother.'" (TM Anthology, vol. 4, p. 112)